

Introduction to Buddhism Flashcards

Learning objective: To understand the key beliefs, figures, and practices of Buddhism.

Cut out these cards. Look at the term or question on the front, try to remember the answer, and then flip the card over to check if you are correct!

Who was the founder of Buddhism?

Siddhartha Gautama: The prince who became the Buddha.

What does the word 'Buddha' mean?

Buddha: The Enlightened One.

What is Enlightenment?

Enlightenment: A state of perfect knowledge and understanding about the world.

What is meditation?

Meditation: A practice of focusing the mind to find peace and calmness.

What is Karma?

Karma: The belief that good actions lead to good results, and bad actions lead to bad results.

What is Nirvana?

Nirvana: A state of complete peace and happiness where there is no more suffering.

What are the 'Four Noble Truths'?

Four Noble Truths: The main teachings of the Buddha about why we suffer and how to stop it.

Where did Siddhartha Gautama live?

Siddhartha Gautama: He lived in ancient India and Nepal.

What is a Buddhist temple used for?

Buddhist temple: A place for prayer, meditation, and learning about the Buddha's teachings.

Why did Siddhartha leave his palace?

Siddhartha: He wanted to understand why people suffer and find a way to end it.

What is the 'Middle Way'?

Middle Way: The idea of living a balanced life, avoiding extremes of luxury or hardship.

What is a 'Sangha'?

Sangha: The community of Buddhist monks and nuns.