

Buddhism: The Path to Enlightenment

Learning objective: To understand the core beliefs, practices, and origins of Buddhism, and to reflect on the values of peace and mindfulness.

Use these flashcards to test your knowledge of Buddhism. Use the Greater Depth questions to deepen your understanding of how these beliefs influence the lives of followers.

Who was Siddhartha Gautama?

A prince who lived in ancient India and became the Buddha, the founder of Buddhism, after seeking the meaning of suffering.

What is the meaning of 'Enlightenment' in Buddhism?

A state of perfect wisdom and understanding, where a person is freed from the cycle of suffering and rebirth.

What are the Four Noble Truths?

The fundamental teachings of the Buddha regarding the existence of suffering, its cause, its end, and the path to its end.

What is the Eightfold Path?

A guide for ethical conduct, mental discipline, and wisdom, designed to help followers live a balanced and peaceful life.

Define 'Karma' in a Buddhist context.

The law of cause and effect, where a person's actions and intentions influence their future experiences.

What is the 'Sangha'?

The community of Buddhist monks, nuns, and laypeople who follow the teachings of the Buddha.

What is the 'Tripitaka'?

The primary collection of sacred texts in Buddhism, also known as the 'Three Baskets', containing the Buddha's teachings.

What is the purpose of meditation for a Buddhist?

A practice used to train the mind, develop mindfulness, and achieve inner peace and clarity.

What does 'Dharma' represent?

The cosmic law and order, and the specific teachings of the Buddha that lead to truth and enlightenment.

What is the ultimate goal of Nirvana?

The state of liberation and freedom from the cycle of suffering and rebirth.

Why is the lotus flower a significant symbol in Buddhism?

It represents purity and the ability to grow and bloom beautifully, even when starting from muddy or difficult circumstances.

What is 'Mindfulness'?

The practice of being fully present and aware of the current moment without judgment.