

The Path of Peace: An Introduction to Buddhism

Explore the Wisdom of the Lotus: A Journey into Buddhist Traditions with Nova the Owl!

- **Buddhism began in ancient India with Siddhartha Gautama, who became the Buddha, meaning the 'Awakened One', after seeking an end to human suffering.**
- **The Four Noble Truths form the foundation of Buddhist belief, teaching that suffering exists, it has a cause, it can end, and there is a path to overcome it.**
- **The Eightfold Path acts as a practical guide for daily living, focusing on right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.**
- **Buddhists often practise meditation to calm the mind, develop mindfulness, and gain a deeper understanding of the world around them.**
- **The Sangha refers to the community of Buddhists, which includes monks, nuns, and laypeople who support each other in their spiritual journey.**
- **Nirvana is the ultimate goal in Buddhism; it is a state of perfect peace and liberation from the cycle of suffering and rebirth.**

Did you know? Did you know? Many Buddhists use a 'mala', a string of 108 beads, to help them focus while chanting or meditating. The number 108 is considered sacred in many Eastern traditions, representing the many paths to spiritual discovery!

Key vocabulary: Siddhartha Gautama · Enlightenment · Dharma · The Eightfold Path · Nirvana · Sangha · Meditation