

# The Path of Enlightenment: Understanding Buddhism with Nova

*Learning objective: To explore the core beliefs, practices, and the significance of the Four Noble Truths and the Eightfold Path within Buddhism.*

Read each question carefully and use your knowledge of Buddhist teachings to provide detailed, thoughtful answers. Nova the owl is looking for precision and deep reflection!

Nova the owl is fascinated by how people find peace and meaning. Today, she is studying the life of Siddhartha Gautama and the foundational principles that guide millions of Buddhists in their daily lives, focusing on how personal actions impact the wider world.

*Word bank: Siddhartha Gautama · Enlightenment · The Four Noble Truths · Eightfold Path · Nirvana · Compassion · Dharma · Meditation*

**1. Siddhartha Gautama left his life of luxury to seek an understanding of human suffering. Explain why he believed that giving up material possessions was a necessary step towards achieving Enlightenment. (2 marks)**

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**2. The Four Noble Truths are central to Buddhist belief. Summarise the core message of these truths and explain how they help a Buddhist navigate the challenges of life. (3 marks)**

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**3. Compare and contrast the concept of the 'Eightfold Path' with the idea of living a 'mindful' life. Why is it considered a 'path' rather than a list of strict rules? (3 marks)**

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**4. In Buddhism, 'compassion' (Karuna) is essential. Justify why a Buddhist might argue that helping others is just as important as personal meditation. (2 marks)**

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**5. What might happen if a person followed the principles of the Eightfold Path in their interactions at school? Provide two specific examples. (2 marks)**

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**Draw:** Draw a symbolic representation of the Eightfold Path, such as a wheel with eight spokes, and label each spoke with a key principle like 'Right Speech', 'Right Action', or 'Right Mindfulness'.



*Extension challenge: Imagine you are writing a letter to a friend explaining how the concept of 'Karma' (the law of cause and effect) encourages people to make positive choices. How does this concept influence one's responsibility towards the environment and other living creatures?*