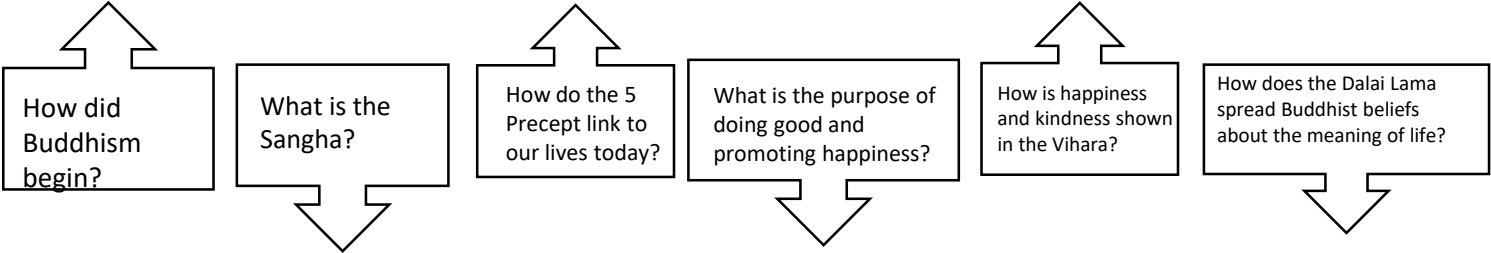
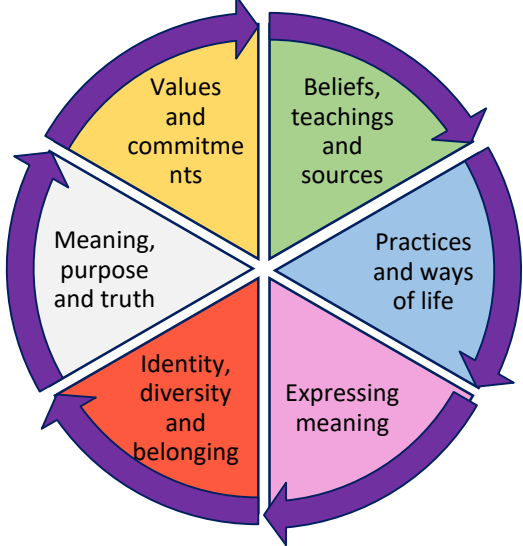


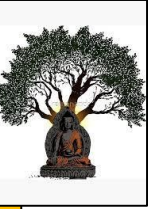
The big picture – What is the meaning of life?



[https://quizlet.com/\\_8m4c8g?x=1qgt&i=2hnojt](https://quizlet.com/_8m4c8g?x=1qgt&i=2hnojt)

Quizlet		Vocabulary						
Siddhartha Gautama	Rebirth	Karma	Nirvana	Cyclical	5 precepts	Vihara	Puja	Monastic Sangha
Lay Sangha	Dalai Lama							

# The Big Question: What is the Purpose of life?



## Facts:

- Buddhist teachings are about 2500 years old.
- Today there are estimated to be about 327 million Buddhists, most of whom live in Asia.
- There are approximately about 130,000 Buddhists living in Britain

Theravada – the first and oldest type of Buddhism

Mahayana – 500 years younger



Buddhists follow the teachings of a man called **Siddhartha Gotama**, the BUDDHA. He lived in India in the 6<sup>th</sup> century BCE. Buddha is not his name but a special title as he has gained **enlightenment (full spiritual awakening)**.

Buddhists believe that the world is imperfect but the Buddha found the answer to why this is and so can over come it.

There are 2 types of people in the Buddhist community:

**Monastic Sangha** – monks or nuns

**Lay Sangha** – ordinary people who follow the teachings of the Buddha

**Buddhist monks and nuns are men and women who want to live a simple life with other Buddhists and meditate and study most of the time**



**The  
Dalai  
Lama**

## The 5 Precepts

- 1. Avoid harming other living beings – humans and animals
- 2. Avoid taking what is not given - stealing
- 3. Avoid incorrect speech – swearing, gossip, hurtful words
- 4. Avoid sexual misconduct – rape and adultery
- 5. Avoid drink and drugs that harms the mind

Monks and Nuns take EXTRA precepts.

They must not

1. eat after midday
2. attend music or dancing
3. use perfume or jewellery
4. sleep on a soft bed
5. accept gifts of money



## Karma and rebirth

Buddhists believe in a cycle of birth, life and death.

This is known as **Samsara**. Only when we reach enlightenment will we reach **Nirvana**- paradise. Every action we take affects this cycle.

Our actions generate an energy known as **Karma**- which will affect our rebirth.

Once you die, Buddhists believe that your **consciousness is reborn**, according to your Karma.

