How do Buddhist principles inspire action? – Knowledge Organiser

"Those who recognize the existence of suffering, its cause, its remedy, and its cessation, have fathomed the four noble truths. They will walk in the right path"

Key Words

Dukkha: Suffering

Mindfulness: training your moment-to-moment awareness of present events

Theravada Buddhism: An older tradition, who aim to achieve enlightenment and move on to Nirvana.

Mahayana Buddhism: A newer tradition, who aim to achieve enlightenment and then stay on Earth to guide others.

The Four Noble Truths:

1. All life is Dukkha
2. Dukkha is caused by wanting things we can't have.
3. To stop Dukkha we need to stop always wanting these things.
4. To stop wanting so much, we need to live the middle way and follow the eightfold path.

The Eightfold Path

1. **Right View:** That our actions and beliefs have real consequences
2. **Right Intention:** That we should commit to the path of spirituality
3. **Right Speech:** Don't say things that are harmful or don't matter.
4. **Right Action:** Don't act harmfully to others or yourself
5. **Right Livelihood:** Don't have a job that causes harm! e.g. Don't sell weapons
6. **Right Effort:** Work hard to keep yourself in a positive frame of mind.
7. **Right Mindfulness**: Stay aware of your mental state - links to Right Effort
8. **Right Meditation:** Keep your mind clear, calm, and focussed.

The Middle Way

For Buddha, the right way to live was in the 'middle way'.
No one should live in the way of extreme riches, but neither should anyone live in extreme poverty. You should live a life of balance between the two.

Meditation

Buddhists are taught that meditation helps to mediate with others to reduce attachment to the material world and dukkha.

Life after Death

- Buddhists believe we are caught in an endless cycle of birth, death and rebirth called **reincarnation.**
- Buddhists may follow the teachings and practices of Buddha in order to become **enlightened**, e.g the **Eightfold Path** and **meditation**.
- **Nirvana** is "blowing out" or "quenching" of the activities of the worldly mind and its related suffering. Buddha discouraged his followers from asking too many questions about Nirvana as trying to **end dukkha** is a more important aim.

5 precepts

1. Do not harm living beings
2. Do not steal
3. Do not engage in sexual misconduct
4. Do not lie
5. Do not take intoxicants e.g drugs

Theravada Buddhists often follow additional precepts e.g avoiding luxury, and in some cases not handling money