

<p>Buddha</p> <p>bud / dha</p>	<p>Title</p> <p>Given to the original person to become enlightened (Siddhartha Gautama)</p> <p>Meaning 'awakened one'</p> 
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<p>Buddhism</p> <p>bud / dhism</p>	<p>Religion</p> <p>Followed by Buddhist</p> <p>Originated in India</p> 
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<p>dukkha</p> <p>duk / kha</p>	<p>Suffering</p> <ul style="list-style-type: none">• physically from pain• connected to craving things you cannot have. e.g. wanting a new phone
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<p>enlightenment</p> <p>en / light / en / ment</p>	<p>State of understanding</p> <ul style="list-style-type: none">• Having knowledge/wisdom• Being, which allows and end to the cycle of reincarnation
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<p>five moral precepts</p> <p>mo / ral pre / cepts</p>	<p>Five Moral Rules</p> <p>Buddhist must live by to gain:</p> <ul style="list-style-type: none"> • Good Karma • Stay on the path to enlightenment
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<p>Four Noble Truths</p> <p>no / ble truths</p>	<p>Four truths</p>  <p>Buddha understood upon being enlightened</p>
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<p>Four Sights</p>	<p>Four things</p> <p>Siddhartha Gautama saw which led him to leaving the palace permanently.</p> <ul style="list-style-type: none"> • Old age • Sickness • Death • Holy Man
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<p>meditation</p> <p>med / i / ta / tion</p>	<p>Buddhist practice</p> <p>Builds high levels of mental control and self-awareness</p> 
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<p style="text-align: center;">nirvana</p> <p style="text-align: center;">nir / va / na</p>	<p>State of</p> <ul style="list-style-type: none"> • Nothingness • Ultimate escape from the cycle of reincarnation
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<p style="text-align: center;">noble eightfold path</p> <p style="text-align: center;">no / ble eight / fold</p>	<p>Eight Ways Living your life as a Buddhist which will:</p> <ul style="list-style-type: none"> • Rid you of cravings • Enable you to attain enlightenment
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<p style="text-align: center;">reincarnation (samsara)</p> <p style="text-align: center;">re / in / car / na / tion</p>	<p>Belief</p> <p>When you die you are reborn again, until you reach enlightenment</p>
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<p style="text-align: center;">shrine</p>	<p>Focal point for Buddhists</p>  <p>Shrine of objects reminds them of Buddha's teachings:</p> <ul style="list-style-type: none"> Candles represent enlightenment Fruit represents anicca
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Three Universal Truths

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Three truths

Buddhist must accept to move down the path towards enlightenment.

- Anicca
- Anatta
- Dukkha