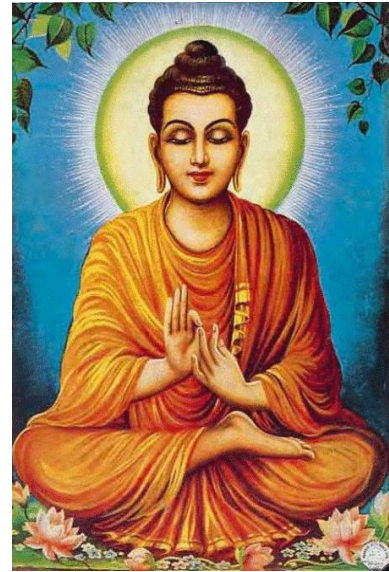


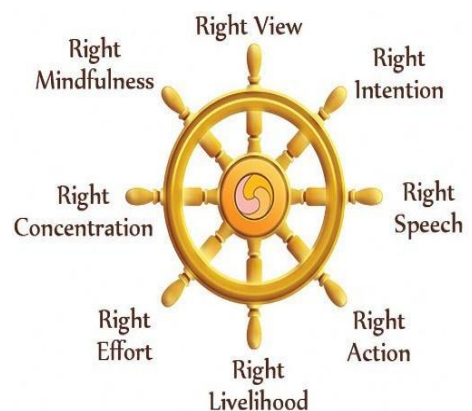
Siddhartha Gautama- Buddha

Is better known as the Buddha- a Hindu prince (who renounced his position and wealth to seek enlightenment). He preached his path to others. Buddha founded Buddhism in India in the 6th-5th centuries.



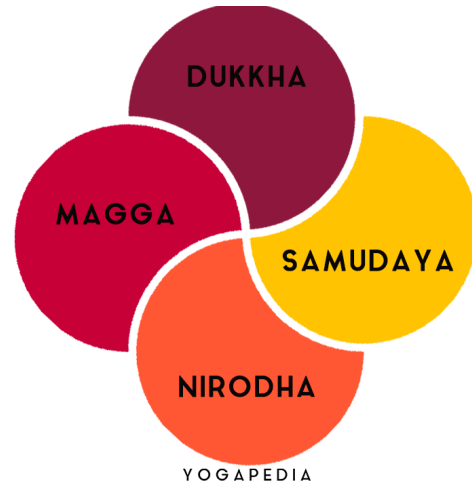
Eightfold Path

The Eightfold Path consists of eight practices: right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right samadhi ('meditative absorption or union').



Four Noble Truths

The **Four Noble Truths** comprise the essence of Buddha's teachings. They are the **truth** of suffering, cause of suffering, end of suffering, and the **truth** of the path that leads to the end of suffering.



Suffering



Recognition of the fact of suffering as one of three basic characteristics of existence.

Meditation

Meditation is a means of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.



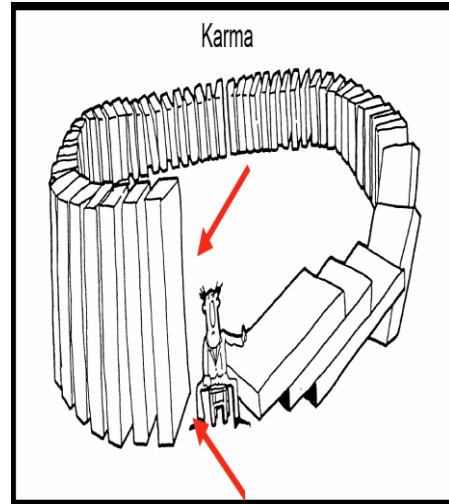
Worship

Buddhist worship at home or at a temple. Worshippers may sit on the floor barefoot facing an image of Buddha and chanting.



Karma

The cycle of rebirth is determined by karma, literally "action". In the Buddhist tradition, karma refers to actions driven by intention, a deed done deliberately through body, speech or mind, which leads to future consequences.



Enlightenment

It is when a Buddhist finds the truth about life and stops being reborn because they have reached Nirvana. Once you get to Nirvana you are not born again into samsara



(which is suffering). Also known as Bodhi in Indian Buddhism or Satori in Zen Buddhism.

Reincarnation

All life is in a cycle of death and rebirth called samsara . This cycle is something to escape from. When someone dies their energy passes into another form.

