

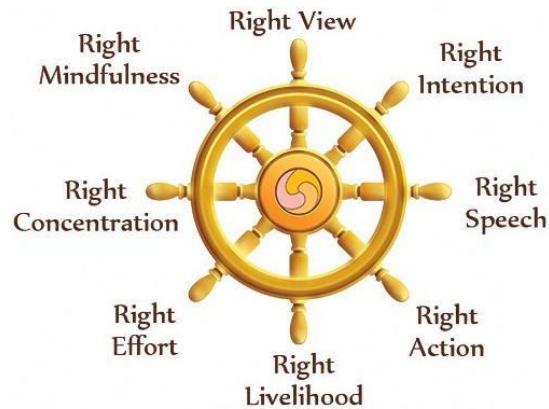
Siddhartha Gautama- Buddha

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.



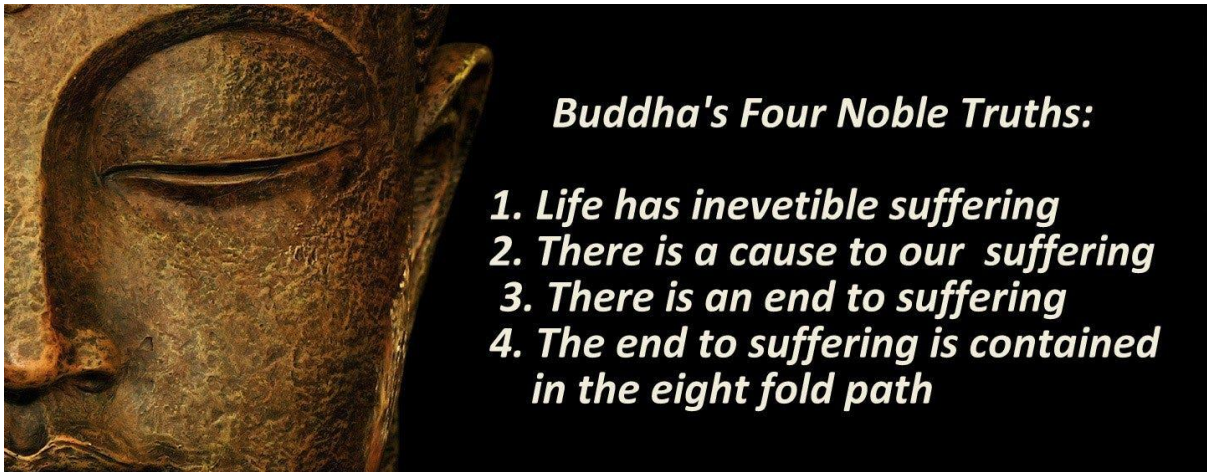
Eightfold Path

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



Dukkha, (Pāli: “sorrow,” “suffering”). Recognition of the fact of suffering as one of three basic characteristics of existence. Three types of suffering are distinguished: from pain ([old age](#), sickness and death); from pleasure changing to pain; and from the fact that, because of impermanence, beings are susceptible to pain in the next moment.

Mediation

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.



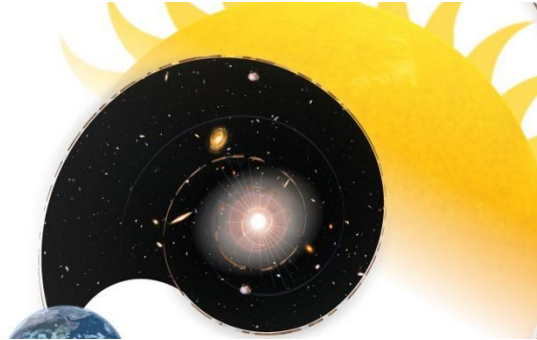
Karma

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



Origin

The point or place where something begins, arises, or is derived.



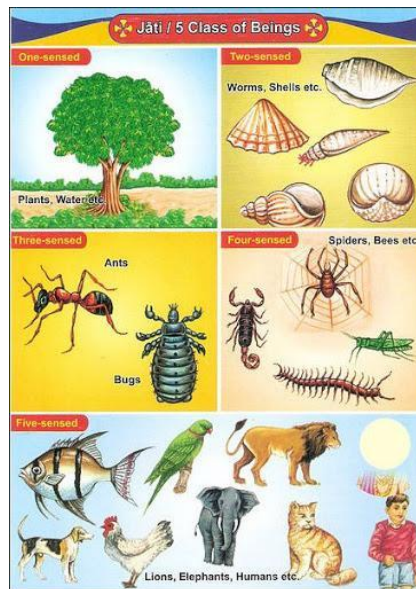
Enlightenment

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.



Asala-Dharma Day

One of Theravada Buddhism's most important festivals, celebrating as it does the Buddha's first sermon in which he set out to his five former associates the doctrine that had come to him following his enlightenment.



Mandala

Mandala in Sanskrit is circle. Mandala is a spiritual and ritual symbol representing the universe. The circular designs symbolizes the idea that life is never ending and everything is connected.



Forgiveness

Forgiveness is the intentional and voluntary process of letting go of past grudges or lingering anger against a person or persons.

