

Religious Education Knowledge Organiser

Year 6

Spring (i)

How does the Four Noble Truths and the Eightfold Path help Buddhists to live their lives?

Substantive Knowledge – Buddhists follow a set of principles to lead their lives called The Eightfold Path. These have come from The Four Noble Truths and are designed to release humans from Samsara (the cycle of death and rebirth).

The Four Noble Truths

Dukkha: suffering and pain

The Causes of Dukkha: is karma: know what causes the pain.

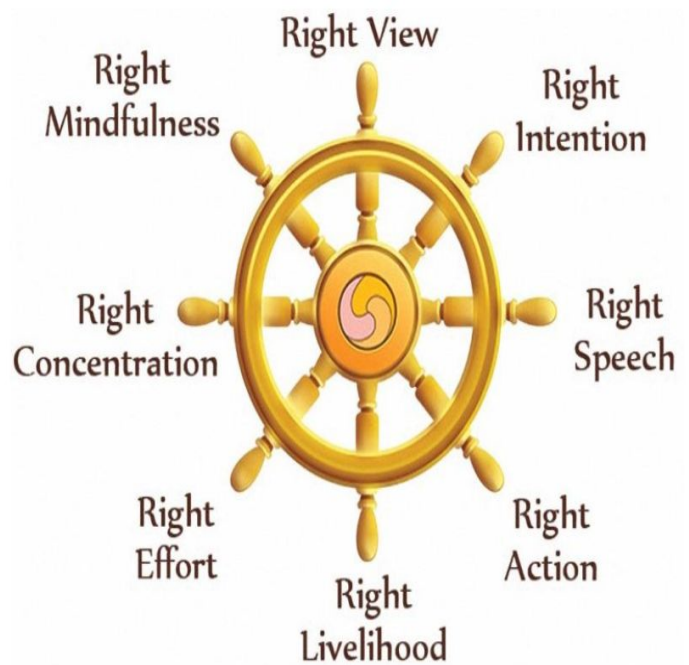
Stop the Dukkha: know you want to stop the Dukkha

The Noble Eightfold Path: Stop the suffering by following The Eightfold Path

The Eightfold Path

The Eightfold Path consists of eight areas of life that people focus on towards the path of Buddhism. They can be worked on in any order and some are more difficult to achieve than others depending on the situation or the person. It is designed to relieve suffering.

Buddhism works on promoting learning and self discovery rather than 'blind faith'.



Portable Knowledge – What we need to remember

The Four Noble Truths are:

The truth of suffering.

The truth of the cause of the suffering.

The truth of the end of suffering.

The truth of the path that leads to the end of suffering.

The Eightfold Truth is the path to Nirvana (enlightenment and no more suffering).

Core Vocabulary

The Four Noble Truths – Suffering exists, how it is caused and how to live without it.

The Eightfold Path– the path to Nirvana

Siddhartha - 'one who has achieved his goal'

The Five Precepts



THE FIVE PRECEPTS

1. No killing
2. No stealing
3. No sexual misconduct
4. No lying
5. No intoxicants

1. No killing	~ Respect for life
2. No stealing	~ Respect for others' property
3. No sexual misconduct	~ Respect for our pure nature
4. No lying	~ Respect for honesty
5. No intoxicants	~ Respect for a clear mind

Generally, Buddhist teaching views life and death as a continuum, believing that consciousness (the spirit) continues after death and may be reborn (**reincarnation**). Death can be an opportunity for liberation from the cycle of life, death and rebirth.

Buddhists believe in a cycle of death and rebirth called samsara. Through karma and eventual enlightenment, they hope to escape samsara and achieve **nirvana**, an end to suffering.

