

Year 4 Summer 2 – Buddhism

Key facts

- Karma is a Sanskrit term that literally means "action" or "doing".
- In the Buddhist tradition, karma refers to action driven by intention.
- Good karma produces good effect on the actor, while bad karma produces bad effect.
- Buddhist practice meditation to become enlightened to find perfect peace with no suffering.
- Buddhists believe in Samsara, the circle of life. They are reincarnated (born again as another being) until they achieve Nirvana.
- For Buddhists, karma has effects beyond this life. Bad actions in a previous life can follow a person into their next life and cause bad effects.
- The Noble Eightfold Path is one of the principal teachings of Buddhism.
- The Eightfold Path consists of eight practices: right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right samadhi (meditation).



Karma symbol



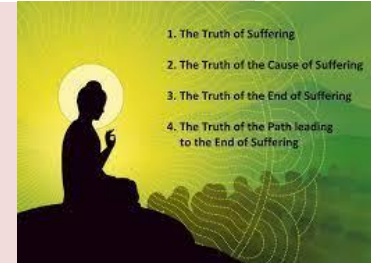
Image of Buddha



Buddhist Monks



Buddhist symbol (lotus flower).



The Four Truths

Vocabulary

- meditation
- karma
- spiritual
- four truths
- reincarnation
- dharma
- nirvana
- samsara
- Eightfold Path

We are thinking about:

What is karma?

How does this affect the life of Buddhists?

Is this similar or different to something you do?