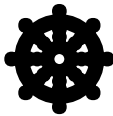


Key Facts:		Key Beliefs:	Key Practices:
Symbol		Prince Siddhartha Gautama/The Buddha: Achieved 'Enlightenment' and became 'awake to the truth'.	Buddhist Worship: Can take place at home, or at a Buddhist Temple, Shrine or a Stupa. However, it is not about worshipping a god/gods, it is about respecting and revering the example and teaching of the Buddha, and aspiring to be like him and achieve Enlightenment. Shrines include a Buddha image, candles, incense and offerings. Worship includes chanting and meditation. The Buddha Image: Is not a likeness of a person, but is symbolic of certain attributes. <ul style="list-style-type: none"> • Posture - meditation, standing or lying on one side. • Face - closed eyes (focus), gentle smile (friendly), long earlobes (age & wisdom), third eye (sees with his mind). • Hands - mudras (hand positions) have different meanings e.g. meditation, teaching, fearlessness, The Sacred Mandala: A rich picture of the universe, created with coloured powder. The process focuses meditation, but is swept away once completed. (impermanent) Meditation: Focusing the mind in pursuit of achieving Enlightenment (Nirvana).
Followers	Buddhists	The Three Universal Truths: <ol style="list-style-type: none"> 1. Everything changes. 2. Change leads to suffering. 3. Nothing is permanent. 	
How many gods?	None	The Four Noble Truths: <ol style="list-style-type: none"> 1. The Problem is suffering. 2. People suffer because they want things. 3. The answer is to stop wanting things. 4. The way to be happy is the Middle Way. 	
Holy Book	Tripitaka (The Buddha's Dharma)	The Noble Eightfold Path: also known as the Middle Way. <ol style="list-style-type: none"> 1. Right Vision - learn and understand the Buddha's Dharma (teaching) . 2. Right Intention - have a positive attitude. 3. Right Speech - speak the truth kindly. 4. Right Action - act in a way that is loving, peaceful and cause no harm. 5. Right Livelihood - make your living in a way that does not cause harm or exploitation. 6. Right Effort - always try your best and have a positive mental attitude. 7. Right Concentration - practice meditation. 8. Right Mindfulness - awareness of the body and mind, and the nature of reality. 	
Place of Worship	Temple or Stupa		
Key Festivals	Wesak		
Other interesting facts ...	Buddhists follow the example and teaching of a man called the Buddha.		

