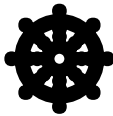


Key Facts:		Key Beliefs:	Key Practices:
Symbol		<b>Prince Siddhartha Gautama/The Buddha:</b> Achieved 'Enlightenment' and became 'awake to the truth'.	<b>Buddhist Worship:</b> Can take place at home, or at a Buddhist Temple, Shrine or a Stupa. However, it is not about worshipping a god/gods, it is about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

