

Buddha

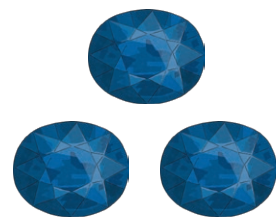
Born in Nepal as Siddhartha Gautama, he became the founder of Buddhism. He was a teacher, not a god.



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The Three Jewels

The three key Buddhist beliefs, belief in Buddha as your teacher, belief in his teachings and helping people.



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The Three Signs of Being

How the Buddha described life.



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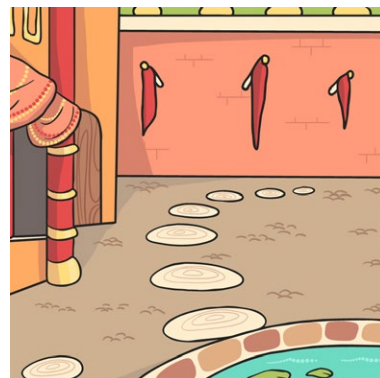
The Four Noble Truths

Buddhist beliefs about dukkah and how it can be ended by following the Noble Eightfold Path.



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The Noble Eight Fold Path
The path Buddhists follow to end suffering.



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Dukkha
Buddha's teaching that nothing is perfect and our lives are a struggle.



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Anicca
Buddha's teaching that life is always changing.



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Anatta
Buddha's teaching about karma (the life force).



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Dharma

The teachings of the Buddha.



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The Sangha

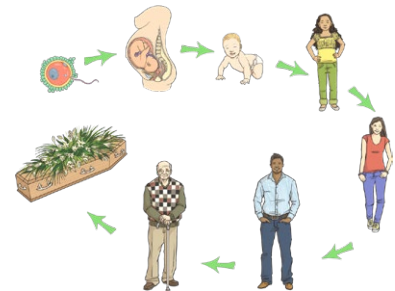
The Buddhist belief of becoming selfless by helping people.



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Reincarnation

The Buddhist belief that life is a cycle of birth, death and rebirth.



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Karma

The belief that our actions, from either our present or previous lives, have a consequence in the life we currently lead.



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Enlightenment

This is when a Buddhist discovers the truth about life. The Buddha is said to have achieved this through his practices.



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Nirvana

When a Buddhist reaches enlightenment and escapes suffering and the cycle of rebirth.



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Temple

The Buddhist place of worship.



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Meditation

A practice by which a Buddhist tries to improve their emotional and mental state.



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