











Key Words			
<b>Arhat</b>	A 'perfected person' who has overcome the main sources of suffering.	<b>Enlightenment</b>	A state of spiritual wisdom and gaining freedom from rebirth which arises from understanding the nature of reality.
<b>Ascetic</b>	A person living a simple, strict lifestyle with few pleasure or possessions.	<b>Jakata</b>	A book of popular tales about the life of the Buddha.
<b>Buddha Nature/ Buddhahood</b>	Everyone can become a Buddha as we all have a seed of Buddha inside us which is hidden due to ignorant attachment. (Mahayana Buddhism)	<b>Mara</b>	The evil one that tempted Siddhartha from his meditation to stop him achieving enlightenment.
<b>Bodhisattva</b>	An enlightened person who chooses to remain in samsara to teach others.	<b>Meditation</b>	The practice of focusing or calming the mind and reflecting on teachings to understand their true meaning.
<b>Dependent Arising (Paticcasamuppada)</b>	Everything depends on supporting conditions, nothing is independent. Everything is linked and constantly changes. Shown in <b>Tibetan Wheel of Life</b> : birth, death rebirth (samsara)	<b>Nibbana (Nirvana)</b>	A state of complete enlightenment which lies outside the cycle of samsara.
<b>Dhamma (Dharma)</b>	The Buddha's teachings – how to reach the state of enlightenment.	<b>Samsara</b>	The cycle of life, death and re-birth.
<b>Dukkha</b>	Suffering or dissatisfaction – something Buddhists seek to overcome.	<b>The five aggregates (Skandhas)</b>	The parts that make up a human personality in Theravada Buddhism. 1) Body 2) Feelings 3) Perception 4) Thoughts 5) Consciousness

Key Ideas			
<b>Buddha's Life + Four Sights</b> 	<b>Buddha</b> was born <b>Siddhartha Gautama</b> around 500BC in southern Nepal. Son of Queen Maya who was told in a dream her child would be holy and achieve perfect wisdom. He was inspired to leave his luxurious life by the <b>Four Sights</b> . After this he lived an <b>ascetic</b> life of self-denial and pain but wasn't able to become enlightened so left it for the <b>Middle Way</b> between pain and luxury.	The <b>Four Sights</b> which Siddhartha saw on his trip outside the palace were: <ol style="list-style-type: none"> <li>1. An <b>old</b> man – everyone gets old.</li> <li>2. An <b>ill</b> man – everyone gets sick.</li> <li>3. A <b>dead</b> man – all things die</li> <li>4. A <b>holy</b> man – the only answer to these problems</li> </ol> <b>In Jakata 75</b>	
<b>Enlightenment + 3 Watches</b> 	Siddhartha's ascetic life failed to help him gain enlightenment so he rejected it to follow the <b>Middle Way</b> . He meditated under a tree and was tempted by <b>Mara</b> who tried to distract him, but he stayed focused on meditation and reaching enlightenment. Eventually he became enlightened during the <b>Three Watches of the Night</b> where he understood: knowledge of <b>all his previous lives</b> , the cycle of life, death and re-birth ( <b>samsara</b> ) and that all beings suffer due to <b>desire</b> . After this Siddhartha became enlightened and began to be known as Buddha.		
<b>The Three Jewels and The Three Marks of Existence</b> 	To become a Buddhist is to take refuge in the <b>Three Jewels</b> , also called the <b>Three Treasures</b> : the <b>Buddha</b> , the <b>Dharma</b> (teachings), the <b>Sangha</b> (community). These are where a Buddhist can find safety and peace. The <b>Three Marks of Existence</b> are the fundamental Buddhist beliefs about the nature of human existence: <b>Dukkha, Anicca, Anatta</b> .		
	<b>Dukkha</b> <b>Suffering</b> is a part of life that all people must face. Buddhists can try and overcome it.	<b>Anicca</b> The idea of <b>impermanence</b> – that everything constantly changes and we suffer when we resist it	<b>Anatta</b> The idea that we <b>don't have a fixed soul</b> – there is no unchanging essence to us.
<b>Four Noble Truths + Eightfold Path</b> 	The <b>Four Noble Truths</b> are what Buddha taught about suffering: <ol style="list-style-type: none"> <li>1) <b>Dukkha</b>- suffering exists</li> <li>2) <b>Samudaya</b> – suffering is caused by craving (<b>tanha</b>) and the <b>Three Poisons</b> (greed, hatred and ignorance).</li> <li>3) <b>Nirodha</b> – suffering can end.</li> <li>4) Magga – there is a 'cure' to suffering: following the <b>Eightfold Path</b>.</li> </ol> The <b>Eightfold Path</b> consists of eight aspects that Buddhists practise and live by in order to do this. (Overleaf) Ultimately Buddha teaches that we can and must overcome these causes of suffering in order to become enlightened and reach <b>Nirvana</b> – a state of freedom, happiness and peace.		
<b>Types of Buddhism</b> 	<b>Theravada</b> Known as the ' <b>lesser vehicle</b> ' as only male monks achieve enlightenment. Oldest form of Buddhism, found in southern Asia.	<b>Mahayana</b> Known as the ' <b>greater vehicle</b> ' as anyone can become enlightened. Teaches <b>sunyata</b> or emptiness – nothing as a separate soul or self.	<b>Pure Land</b> Mostly found in <b>Japan</b> – a form of Mahayana Buddhism. Based on faith in Amitabha Buddha who lives in his paradise (Sukhavati).
<b>Bodhisattva + Arhat</b> 	<b>Bodhisattva</b> <b>Mahayana</b> Buddhists aim to become a Bodhisattva. Someone who reaches an enlightened state but chooses to remain in the cycle of samsara to help others reach <b>enlightenment</b> .		<b>Arhat</b> <b>Theravada</b> Buddhists aim to become an Arhat by following the Eightfold Path. An Arhat is a 'perfected person' who overcomes the main sources of suffering and reaches <b>Nirvana</b> .

<p>Teachings for Memorisation</p> 	<p><b><u>THE NOBLE EIGHTFOLD PATH</u></b> (Theravada Buddhists)</p> <ol style="list-style-type: none"> <li>1. Right understanding (<i>Samma ditthi</i>) Developing an understanding of Buddha's teachings</li> <li>2. Right thought (<i>Samma sankappa</i>) - avoiding thoughts of hatred and attachment</li> <li>3. Right speech (<i>Samma vaca</i>) - Speaking truthfully and kindly</li> <li>4. Right action (<i>Samma kammanta</i>) -refraining from killing, stealing ,sexual misconduct</li> <li>5. Right livelihood (<i>Samma ajiva</i>) -avoiding work which may harm others.</li> <li>6. Right effort (<i>Samma vayama</i>) -avoiding being negative and focussing on being positive.</li> <li>7. Right mindfulness (<i>Samma sati</i>) - developing awareness of the world around you.</li> <li>8. Right concentration (<i>Samma Samadhi</i>) -being single- minded.</li> </ol>	<p><b><u>THE SIX PERFECTIONS</u></b> (Mahayana Buddhists)</p> <ol style="list-style-type: none"> <li>1. Generosity or Giving</li> <li>2. Morality</li> <li>3. Patience</li> <li>4. Energy</li> <li>5. Meditation</li> <li>6. Wisdom</li> </ol> <p><b><u>THE 5 MORAL PRECEPTS</u></b> (Theravada and Mahayana Buddhists)</p> <ol style="list-style-type: none"> <li>1. To abstain from taking life</li> <li>2. To abstain from taking what is not given</li> <li>3. To abstain from sensuous misconduct</li> <li>4. To abstain from false speech</li> <li>5. To abstain from intoxicants which tend to cloud the mind</li> </ol>										
<p>Test Yourself! (All answers on the first page)</p> 	<p>Define the following: a) Dharma b) Arhat c) Bodhisattva d) Ascetic e) Samsara f) Nibbana g) Enlightenment</p> <p>Explain the following: a) three types of Buddhism b) the four noble truths c) the idea of dependent arising d) the three marks of existence e) the four sights f) four events in the life of Buddha g) the three watches of the night.</p> <p>Write a plan for the following 12 mark questions: a) Dukkha is the most important of the three marks of existence. Evaluate this statement. b) It is impossible to attain Buddhahood. Evaluate this statement c) It is better to be a Bodhisattva than an Arhat. Evaluate this statement. d) Seeing the Four Sights was the most significant event in the Buddha's life. Evaluate this statement.</p>											
<p>Questions types on Paper 1</p> 	<table border="1"> <thead> <tr> <th>Wording</th> <th>Explanation</th> </tr> </thead> <tbody> <tr> <td>Give two....</td> <td>Just list two things-words or phrases.</td> </tr> <tr> <td>Explain two in which.... influences.../ Buddhists today.</td> <td>You must give and explain two ways. You must show the impact on behaviour/thinking of people in Buddhism today.</td> </tr> <tr> <td>Explain two Buddhist teachings about...</td> <td>You must give and explain two teachings. Use of a quotation/teaching will earn the fifth mark. It is easier to get the mark by using a clear, specific teaching.</td> </tr> <tr> <td>'.....' Evaluate this statement.  <ul style="list-style-type: none"> <li>• Refer to Buddhist teaching</li> <li>• Give developed arguments to support this statement</li> <li>• Give developed arguments to support a different point of view</li> <li>• Reach a justified conclusion</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• Refer to teachings of the specified religion in order to reach higher levels.</li> <li>• Support the statement and explain the reasons you give.</li> <li>• Provide a different point of view and explain the reasons you gave for it.</li> <li>• A possible formula to use to organise your answer is PEARL (x3) on each side. Then add the justified conclusion.</li> <li>• PEARL = Point, Evidence, Argue, Religion. Link.</li> <li>• Give a justified conclusion to reach the highest marks</li> <li>• Save your strongest argument for the conclusion and explain why it is stronger than the other arguments you have written about.</li> </ul> </td> </tr> </tbody> </table>	Wording	Explanation	Give two....	Just list two things-words or phrases.	Explain two in which.... influences.../ Buddhists today.	You must give and explain two ways. You must show the impact on behaviour/thinking of people in Buddhism today.	Explain two Buddhist teachings about...	You must give and explain two teachings. Use of a quotation/teaching will earn the fifth mark. It is easier to get the mark by using a clear, specific teaching.	'.....' Evaluate this statement. <ul style="list-style-type: none"> <li>• Refer to Buddhist teaching</li> <li>• Give developed arguments to support this statement</li> <li>• Give developed arguments to support a different point of view</li> <li>• Reach a justified conclusion</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to teachings of the specified religion in order to reach higher levels.</li> <li>• Support the statement and explain the reasons you give.</li> <li>• Provide a different point of view and explain the reasons you gave for it.</li> <li>• A possible formula to use to organise your answer is PEARL (x3) on each side. Then add the justified conclusion.</li> <li>• PEARL = Point, Evidence, Argue, Religion. Link.</li> <li>• Give a justified conclusion to reach the highest marks</li> <li>• Save your strongest argument for the conclusion and explain why it is stronger than the other arguments you have written about.</li> </ul>	
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<p>Useful websites and revision guides</p> 	<p>Exam board website, includes specification, practice papers, model answers. <a href="http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062">http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062</a></p> <p>Basic Buddhist beliefs <a href="https://www.bbc.co.uk/religion/religions/buddhism/">https://www.bbc.co.uk/religion/religions/buddhism/</a></p> <p>My Revision Notes AQA GCSE (9-1) Religious Studies Specification A (Hodder Education ISBN 978-1-510-40479-3)</p> <p>AQA GCSE Religious Studies A: Christianity and Buddhism Revision Guide - AQA GCSE Religious Studies A (Oxford University Press ISBN: 9780198422853)</p>											