



Buddhism - What do we mean by a 'good' life?

Vocabulary

Contentment - a state of happiness and satisfaction

Meditation - a set of techniques that are intended to encourage a heightened state of awareness and focused attention

Nirvana - Nirvana is believed to be the end of the cycle of death and rebirth. Buddhism teaches that Nirvana is reached when all want and suffering is gone.

The story of Prince Siddhartha

An account of how Prince Siddhartha left the comfort and safety of his father's palace and saw 'Four Sights' that were to change his life. As he looked on old age, sickness, death and holiness, he determined to search for the real answers to the meaning of life.

The eightfold path

The Noble Eightfold Path



Questions to be able to answer

What makes us happy?

Why do they think people often want more rather than being satisfied with what they have?

What makes a 'good' life?

Does everyone have the same definition of a 'good' life?

The 4 noble truths

1. **Dukkha** - life is full of suffering
2. **Samudaya** - there is a reason for the suffering in the world
3. **Nirodha** - people can be free from suffering when they no longer want things.
4. **Marga** - for a person to stop wanting things, they must follow a set of rules. The rules are called the Noble Eightfold Path.

Meditation

Buddhism asks its followers to understand the world and themselves in a deep and transforming way. Meditation is one of the tools that Buddhism employs to bring this about.