

Buddhism

Buddhism originated in Northeast India and now has followers from all over the world. Buddhists live by five rules:

- ◆ Never take the life of a living creature.
 - ◆ Do not steal.
- ◆ Be faithful to your partner.
 - ◆ Do not lie.
- ◆ Do not drink alcohol.

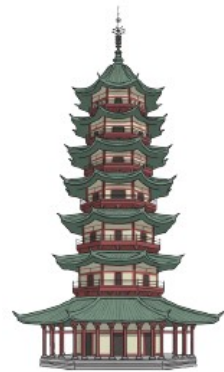


The Buddha

There are no gods in Buddhism. It was created by a man called Siddhartha Gautama, who was born into a noble family. He lived a sheltered early life, but when he was older he went out into the world and saw that sickness, age and death come to everyone. After seeing this, Gautama meditated and found the answer to life. This made him the Buddha. This was called enlightenment and the Buddha decided to teach others how to reach it.

Buddhist Worship

Buddhists can worship from home or at a temple, which are built in a variety of shapes. Buddhists worship by sitting on the floor, making sure their feet face away from any image of Buddha. Their head and body face the image of Buddha. This is called puja. Buddhists chant to show their love for Buddha and make offerings of flowers and incense at shrines.



When Buddha died, people thought it would be a good idea to write down what Buddha said and thought. 500 Buddhist Monks met to check the content of his teachings. The teachings were then passed down by word of mouth for around 400 years, before being written down.

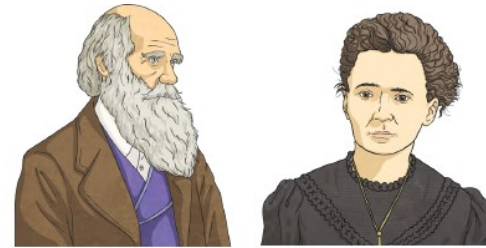
Key Questions

- What does good mean?
- What is a good life?
- What do Buddhists believe?
- How is this reflected in the way they live their lives?
- What do Humanists believe?
- How is this shown in the way they live their lives?
- Do you have to believe in God to be good?

Symbols in Buddhism



The Dharmachakra is a symbol used in Buddhism.



Key Vocabulary

God	A superhuman being or spirit worshipped as having power over nature or human fortunes. In monotheistic religions, they are considered the creator and ruler of the universe.
believe	To accept that (something) is true, especially without proof or hold something as an opinion. (think something).
good	A positive aspect of someone or something.
Buddha	The teacher and creator of Buddhism.
Buddhist	Somebody who follows the religion and teachings of Buddha.
meditate	When Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts.
enlightenment	Breaking the Buddhist cycle of rebirth and reaching Nirvana.
Eightfold Path	The rules laid out by Buddha, which will lead to Nirvana.
Dharmachakra	The wheel of Dharma
Nirvana	Perfect peace with no suffering.
Wesak	An important Buddhist festival celebrating the Buddha's birthday. To celebrate, Buddhists try to clear their minds of negative thoughts.
Humanist	Someone who believes in the Humanism worldview.
Secular	Not connected with religious or spiritual matters.
Athiest	Someone with no belief in God or gods.
Worldview	Your ideas about life or the world.
Ethical	Someone who is honest and follows good moral practice.
Rationality	Thinking about things clearly, in a logical way, with decisions based on facts.
BHA	The British Humanist Association (now operating as Humanists UK). Many Humanists in the UK are members of this association.

Humanism

Humanists don't believe in a religion or a god. In the past, some Humanists did believe in religion but during the 19th and 20th centuries, Humanists became more secular.

Humanists actively seek to live good lives without following a religion. Their moral values are based on human nature and life experiences. Humanists base their moral principles on reason, shared human values and respect for others. They believe people should work together to improve the quality of life for all. Thinkers such as Charles Darwin, Marie Curie and George Eliot have all influenced Humanism.



Humanists believe in a golden rule in life. This is to treat others how you would like to be treated.

The British Humanist Association Values

Treating people with fairness and respect.	Respecting and promoting freedom, human rights and the law. Engaging in conversation and discussion with attention to detail.	Cooperating with others to make good things happen, including with those of different beliefs.
Celebrating human achievement, progress and potential.	Engaging in conversation and discussion with attention to detail and evidence.	



Symbols in Humanism

The Humanist symbol is called the Happy Human. It was designed by Dennis Barrington who won a competition organised by the BHA in 1965.

The symbol shows a human, but it could be either male or female. Within a few years, his symbol became the international symbol for Humanism. The symbol is still used (in a range of adapted forms) in the present day.

