# Ch. 5, Lesson 4 Notes

**Topic:** Buddhism  **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E.Q.:** List and explain the main beliefs of Buddhism.

*Siddhartha Gautama*, an Indian prince, sought answers to life’s problems. The answers he found would become the basis for a new religion: *Buddhism*

**Siddhartha Gautama:**

* Siddhartha was born in 563 B.C.
* He chose to give up everything he owned to become a monk
* He practiced *meditation* (a way to clear the mind)
* Under a fig tree he became *enlightened* and earned the title *Buddha* (“Awakened One”)

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**Buddhism:**

* All people go through a cycle of reincarnation
* Karma is a force caused by a person’s good & bad acts
* One can only reach peace by ending suffering

**The 4 Noble Truths:**

1. Life is filled with suffering
2. Suffering is caused by people’s wants
3. Suffering can be avoided if people learn to stop wanting things
4. To stop wanting things, people must follow 8 basic laws (*Eightfold Path*)

After the Buddha’s death in 483 B.C., Buddhism spread throughout southern & eastern Asia

**Summary**