

Religious Education Knowledge Organiser

Year 5

Summer (ii)

What is the Noble Eightfold Path?

Substantive Knowledge – To know that Buddha is considered the perfect example of what a person can become and understand what the Noble Eightfold Path is. To know the important symbols in the Buddhist faith, that Dharma is added to Buddhist teachings and that all Buddhist celebrate Vesak.

Why is Buddha considered the perfect example of a person?

Siddhartha Gautama (Buddha) is accepted as the founder of Buddhism. Having been awakened to the truth about existence, he taught a message that focused on a change of lifestyle. During his life he turned his back on wealth and an easy life in order to find enlightenment.



The Noble Eightfold Path



The Threefold Way	The Noble Eightfold Path
1. Ethics	1. Right action (behaving in a skilful way and not harming others)
	2. Right speech (speaking truthfully)
	3. Right livelihood (earning a living in a way that doesn't cause suffering or harm to others)
2. Meditation	4. Right mindfulness (being aware of yourself and the emotions of others)
	5. Right effort (putting effort into meditation and positive emotions)
	6. Right concentration (developing focus so that you are able to meditate)
3. Wisdom	7. Right view/understanding (remembering that actions have consequences)
	8. Right intention (being clear about following the Buddhist path)

It gives Buddhists a path they can follow to receive good karma. It is a guide on how to lead your life rather than steps to follow in order.

The Wheel and the Lotus



The Dharma Wheel (dhavacharka) represents the idea of life, death and rebirth. The circle shape represents the perfection of the dharma, the Buddha's teaching. The rim represents meditative and mindfulness. The middle represents moral discipline.

The Lotus flower symbolises enlightenment.



The Dharma Wheel

What is Dharma?

Dharma is the duties a Buddhist should follow in their life. There are various types of dharma for a Buddhist. Some are personal duties and some are eternal duties, meaning that they are for everyone. Dharma or duties are expected of all Buddhists, and Buddhists should live their lives with these in mind.

Varnashrama dharma means the duties a Buddhist should follow depending on their stage in life.

Stage in life	Meaning	Duties (dharma)s
Brahmacharya	The student stage	Go to school and learn the scriptures and duties.
Grihastha	The householder stage	Marry and have children. Work and earn money to support the family.
Vanaprastha	The retirement stage	Concentrate on reading the scriptures, meditating, worship, visiting the temple and going on pilgrimages.
Sannyasa	The sacred pilgrim stage	Move away from material possessions and be a wandering holy person who teaches others about the scriptures and spends time in prayer.

The truths that the Buddha revealed are called Dharma. He taught that wisdom, kindness, patience, generosity and compassion were important virtues.

Vaisakha Puja / Vesak - Wesak

This is the most important of the Buddhist festivals, commemorating the birth, enlightenment and death of the Buddha. It is also a time to reflect on his teachings and what it means to be a Buddhist. It usually falls in May or early June and each Buddhist culture celebrates has its own traditions for the day. Families may decorate their homes, take part in processions and wear special white clothes to mark the occasion. A ceremony called Bathing the Buddha may be held, where water is poured over the shoulders to remind people to clear their minds of negative thoughts like greed and hatred.

Portable Knowledge – What we need to remember

The Noble Eightfold Path shows Buddhists how to lead their lives (the route to Nirvana)

Vesak / Wesak festivals remembers the life and teachings of the Buddha.

Core Vocabulary

Noble Eightfold Path – Buddhist practices that can lead to enlightenment.

Dharma – Dharma is a doctrine about how a Buddhist should lead their life.

Awakening - a revival of interest in something (such as religion)