



As a young prince, Siddhartha saw the **Four Sights**:
an old man; a sick man; a dead man
and a poor, holy man, meditating.

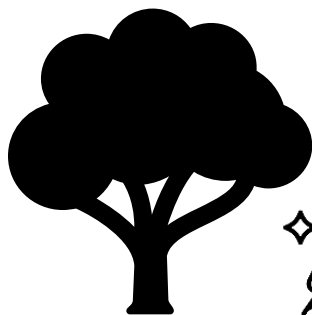
Siddhartha realised...



...we all suffer.
We are trapped
in **Samsara**.

Nirvana:

release from suffering



Siddhartha attained **Nirvana** (end of suffering)
through practising all elements of the **Noble
Eightfold Path**. He then became **Buddha***.

re-birth

Samsara

death

the cycle of
life's suffering

life

Karma

Cultivating good **karma** and avoiding bad **karma**
is the only way to break free from **samsara**.

The heart of Buddhist practice

avoid
evil

e.g. keep 5 precepts

Right Speech
Right Action
Right Livelihood

do only
good

e.g. be generous

Right View
Right Intention
Right Effort

purify the
mind

e.g. practise
meditation

Right Mindfulness
Right Concentration

THE NOBLE EIGHTFOLD PATH

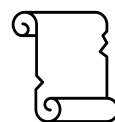


Buddhism is a religion and
a way of living, based on
dhamma, the teachings of
the **Buddha***

The Triple Gems: sources of knowledge on
how to break free of karma & samsara



Buddha*



Dhamma (teachings)



Sangha (community)

*Buddha means *awakened one*. Buddha is not a god.

Surrey Agreed Syllabus: Buddhism Concept Map

icons from Microsoft & The Noun Project



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