The name 'Buddha' means 'the ____________ one'. Buddhists follow the teachings of the Buddha, but do not believe him to be a god.

The Buddha was born _______________ Gotama in around 580BC in the village of Lumbini in ___________. He was a prince born into a rich family. When he was young he had an ________ life as he was protected from the harsh ___________ of sickness, suffering and death.

The years passed. Siddhattha married and had a child, but found he was worried by many issues. He went outside the royal enclosure where he lived and went to ___________ areas. For the first time he saw _______ ______, sickness and _________. He also saw a holy man. He made the decision to leave his wife, his baby son and his privileged life and began to search the world to find a higher truth or ____________.

Siddhattha searched for a truth which would release him from the cycle of dying and ___________ after death. He studied with wise teachers, practised ____________ and lived a life of extreme self-denial and discipline, but still he did not find the answers he needed. The search took him six years, but Siddhattha found enlightenment whilst meditating under a ___________ tree. Following this he became known as the Buddha and dedicated his life to spreading his message.

The Buddha came to understand that the answer lay in the ‘___________ _______’: living a life which is not luxurious or deprived. Buddhists believe they can escape the cycle of life and death and reach Nirvana by following the Middle Way through the _________ Noble Truths and the ___________ Path.
<table>
<thead>
<tr>
<th>The Eightfold Path</th>
<th>Practical example of how it can be followed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right understanding (seeing things as they really are, not how you think they are)</td>
<td></td>
</tr>
<tr>
<td>Right thought (kind thoughts, not cruel ones, giving things up and not being greedy)</td>
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<tr>
<td>Right speech (not lying, being rude or abusive and not gossiping or chattering)</td>
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<tr>
<td>Right action (saving life, not destroying it, not stealing, being respectful in relationships)</td>
<td></td>
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<tr>
<td>Right livelihood (earning a living without hurting others - people or animals)</td>
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<tr>
<td>Right effort (working hard to understand truth and stay with what is right)</td>
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<tr>
<td>Right mindfulness (being aware of actions, words and thoughts at all times)</td>
<td></td>
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<tr>
<td>Right contemplation (learning to meditate without losing concentration)</td>
<td></td>
</tr>
</tbody>
</table>
Check Understanding

Fill in the circle before the correct answer.

1. What did Buddha believe was the key to ending suffering?
   - A abiding by castle rules
   - B giving up desires
   - C traveling and teaching
   - D obtaining wealth

2. What were some of the achievements of the Gupta Empire?
   - A astronomy and farming
   - B paintings and religion
   - C making cotton cloth
   - D epic texts and mathematics

3. The image to the right shows a Buddhist meditating. What does “meditating” mean?
   - A to speak openly
   - B to write poetry
   - C to think deeply
   - D to sing loudly

Answer the question below.

4. Why was the number “zero” an important invention?

5. How did Asoka put his Buddhist beliefs into practice as king?