

# **RE, Philosophy and Ethics (RPE) –**

## **Closure work for Year 7**

You are going to continue with your work on Buddhism and Happiness.

1. Read the knowledge/ information sheets
2. Complete this tasks
  - a. In your own words, explain what the Four Noble Truths are and how they link to the story of the Buddha (you could do this as a paragraph, or, in a more creative way of your choice)

(If you're struggling with the story of the Buddha, it might be worth you reading the work from last week (this should also be on GO, entitled 'Absent student work'))

You do not need to print any of this work. Please write on paper.

# The Four Noble Truths

One day, seated beneath the Bodhi tree (the tree of awakening) Siddhartha became deeply absorbed in meditation, and reflected on his experience of life, determined to find out the truth. He finally achieved Enlightenment and became the Buddha.

**Enlightenment:** The highest spiritual state. A state of complete understanding.

The Buddha realised that there were four truths that summed up why there is suffering in life and how it can be solved. These teachings originate from the Buddha's own experiences of life.

## 1. **Dukkha (suffering): Suffering exists:**

The first truth is that life is suffering i.e. life includes pain, getting old, disease, and ultimately death. We also endure psychological suffering like loneliness, frustration, boredom, fear, embarrassment, disappointment and anger.

## 2. **Samudaya: There is a cause for suffering.**

The second truth is that suffering is caused by craving and the need to control things. It can take many forms: the desire for fame; the desire to avoid unpleasant sensations, like fear, anger or jealousy.

## 3. **Nirodha: There is an end to suffering.**

The third truth is that suffering can be overcome and happiness can be attained; that true happiness and contentment are possible. If let go of our craving and learn to live each day at a time (not dwelling in the past or the imagined future) then we can become happy and free. We then have more time and energy to help others. This is Nirvana.

## 4. **Magga: In order to end suffering, you must follow the Eightfold Path.**

The fourth truth is that the Noble 8-fold Path is the path which leads to the end of suffering.