

Year 10 end of year exam revision guide

1. This will be a multiple choice question and will be worth **1 mark**.
2. This will ask you to state two things about a Buddhist belief or practice. It will be **worth 2 marks**.
3. This will ask you explain two ways a particular belief influences Buddhists today or two ways Buddhists undertake particular practices. It will be worth **4 marks**.
4. This will ask you to explain in detail two Buddhist beliefs or practices and will ask you to refer to scripture. It will be worth **5 marks**.
5. This will ask you to evaluate a statement. It will be worth **12 marks**.

Here are beliefs and practices that that you will need to know for the exam.

Subject	Basic knowledge	How can this influence a Buddhist or further description
Buddha's early life	Born into a noble family. Prediction made that he would be a great leader or great holy man. Father therefore hid suffering from him and brought him up in luxury so that he would not want to be a holy man.	This will encourage a Buddhist to see that wealth and privilege do not bring happiness.
The Four Sights	With servant Channa he left the palace one day and saw: old age, sickness, death and a happy and poor wise man. This made him realise that wealth would not protect him from suffering and that you could be happy without wealth. It motivated him to seek enlightenment.	Encourage them to realise that life ultimately ends in suffering and that wealth and prestige will not protect you from this. It will encourage them to search for enlightenment as a way of mentally protecting you from suffering.
Buddha's ascetic life	Buddha came upon five ascetics who were denying themselves what they most enjoyed believing that this, the opposite of wealth, was the way to happiness. But Buddha only became unhappy as a result of this and when offered milk he gave up asceticism believing the Middle way was better. Nevertheless, this period of his life taught him resilience and self-denial.	It will encourage Buddhists to realise that self-denial is not the way. Simply deny yourself pleasure will just make you more unhappy. It might encourage a Buddhist to follow the middle way, having just enough food etc to keep them happy.
Enlightenment	Buddha was tormented in four ways by Mara, the demon. He overcame Mara however and under the bodhi-tree experienced three realisations: <ul style="list-style-type: none"> - Remembered his past lives, - Understood the causal connection between them (karma) - Realised that happiness was found in overcoming desire, wanting, sense of self. 	It will encourage Buddhists not to be drawn by the temptations of Mara: lust and fear. It will help Buddhists realise there are a succession of lives and that karma links them and encourage them to develop good karma. It will inspire them to try to eliminate the cause of suffering through the practice of meditation.

Dukkha	This is the first mark of existence. It means unsatisfactoriness of suffering and suggests that life in samsara is conditioned by this. All our hopes, dreams and desires will ultimately come to nothing.	It will help the Buddhist to realise that it is pointless to search for happiness in this life as they can never be fully satisfied here. It will encourage them not to become attached to pleasure and try not to develop resistance to pain.
Anicca	This is the second mark of existence and means 'impermanence.' Buddhists believe that nothing in reality remains and stays the same. The key then is to learn to let go and take comfort in the sense that every goes through the same. This is revealed in the parable of mustard seed. He helps the woman to accept that death is part of life and that all go through the same difficulty. To be happy you have to face reality as it is first.	This will help Buddhist to realise that they should not become attached to this reality as it is impermanent and therefore unreliable. It will encourage them to learn to let go and realise that all people are subject to the same problem. This will give them confidence.
Anatta	This is the third mark of existence and suggests that there is no self. This is the idea that there is no one particular thing that is you. Instead you are collection of constantly changing parts or heaps (Skandhas). This is shown in the story of King Milinda where Nagasena shows him there each person is like a chariot and just a collection of parts. The skandhas are: form (body), feeling (like/dislike), perception, consciousness (awareness)	This will help a Buddhist to realise that the basic cause of suffering – sense of self – is non-existent and therefore will bring them liberation. It will encourage a Buddhist to try and realise this during their life through meditation.
First Noble Truth: samudaya	This truth is dukkha and says that everything ends in suffering. There are four physical sufferings (birth, aging, sickness and death) and three mental sufferings (leaving what you like, being with what you dislike, never being fulfilled).	See above.
Second Noble Truth: Nirodha	This is the cause of suffering which is tanha or craving. It is not the things in life that cause suffering but your tendency to like or dislike them. You want more and more pleasure and want to get rid of pain.	This will help a Buddhist realise that it is not the things in themselves that cause suffering but it is the attitude of the person that is causing the problems. It will encourage a Buddhist not to try to eliminate all things that cause you trouble but to change your attitude of mind instead.
Third Noble Truth	This is how to get rid of suffering. The idea is to get rid of its cause, craving, your sense of like or dislike. In Mahayana Buddhism this is broadened to include your sense of self. It is your belief in a permanently existing 'ME' that causes suffering: I want, I hate, I am sick etc etc	
Fourth Noble Truth: Magga	This is the method the Buddhist must employ to help him get rid of suffering. He must follow the Eightfold Noble Path. This involves ethics, wisdom and meditation. Ethics involves right speech, right action, right way of life. Meditation	This will encourage a Buddhist to follow the Eightfold noble Path. This will involve paying careful attention to how you speak, making sure your speech is helpful to others not negative. It will involve living life ethically, following right action. It will involve learning to concentrate etc etc.

	involves right concentration, right mindfulness. Wisdom involves right intention and right understanding. Right understanding is to realise that there is no self and that suffering is caused by attachment to an impermanent reality.	
Theravada/Mahayana	There are two traditions of Buddhism. The Theravada tradition means 'Tradition of the Elders.' The Mahayana tradition means 'Greater vehicle.'	<p>Characteristics of Theravada: Follow teachings only of historical Buddha, Gautama. Follow the arhat ideal. Wear saffron robes. Practise Vipassana and Samatha Believe in self-liberation. You achieve liberation through your own effort.</p> <p>Characteristics of Mahayana: Follow teachings of many Buddhas eg Amitabha, Manjushri Believe in 'skilful means'. This means using a variety of methods to get enlightened eg imagination in Tibetan and Faith in Pure Land tradition. Follow the Bodhisattva ideal. Believe other Buddhas' can help you achieve enlightenment eg Amitabha.</p>
Arhat/Bodhisattva	There are two ideals in Buddhism. For a Theravadin it is the 'arhat' which means perfected one. For the Mahayanist it is the bodhisattva which means 'enlightenment being.'	<p>The Arhat is someone who has eliminated the three poisons of hatred, greed and ignorance. They have achieved for themselves nirvana with a residue remaining. They achieve full enlightenment at death known as the parinirvana and are not reborn.</p> <p>A Bodhisattva is someone who vows to strive for enlightenment for the sake of others. Bodhisattvas return to samsara to help others because there is a belief that you cannot obtain enlightenment without taking others with you so your liberation is bound up with the plight of all other sentient beings.</p>
Pure Land Buddhism	This is a tradition in Japan though it began in China. It involves having faith in Amitabha, the Buddha of light, in order that he might save you by taking you to his Pure Land (heaven) after death.	The belief in Pure Land Buddhism is that Amitabha was King who achieved enlightenment in the past and to help people achieve the same more easily he created a world known as Sukhavati. Beings can be reborn into this world after death and there they can receive teachings from Amitabha directly and can put them into practice without distraction and in this way the attainment of enlightenment becomes far easier. Pure Land Buddhists chant 'Namu-Amiba-Bhutsu' and have faith in Amitabha and this leads them to Sukhavati.
Meditation	There are three types of meditation specified: Samatha, Vipassana, Visualisation. Buddhists meditate as a way of transforming the mind. There is scientific evidence to suggest that meditation changes your brain physically in good ways and you mentally eg reducing stress, increasing compassion etc.	<p>Samatha involves concentrating on one object. The idea is to calm the mind and make it ready to contemplate Buddha's teaching free from distraction. Perfect concentration is known as samadhi.</p> <p>Vipassana involves using a deep level of concentration to meditate on one of Buddha's teachings such as anatta or anicca with a view to achieving realisations eg when you realise that there is no self then you achieve freedom.</p>

		Visualisation is mainly a practice in Tibetan Buddhism and is believed to be a quick way to enlightenment. It is based on the principle that you are what you imagine and that by imagining that you are a compassionate Buddha you BECOME a compassionate Buddha, by imagining you are a peaceful Buddha you become a peaceful Buddha etc.
Death and dying	Various different traditions have different practices. What is common is that they do not believe in lavish funerals. Money is donated to charity and the karma is believed to transfer onto the deceased. A shrine is also set up in memory of the deceased beside a statue of Buddha and offerings. At the funeral, prayers are offered and there is usually a monk there to offer prayers and say words of inspiration.	In Tibet there is a 'sky burial.' Because the soil is thin and the altitude prevents decomposition, the body is pulled apart and left on the top of a mountain for vultures to eat. Tibetans also follow the Tibetan Book of the Dead which are a series of practices to be done with the dead person to guide them during the time between two lives. In Pure Land Buddhism the Coffin in place in the direction of Sukhavati which is believed to exist in the west. Amitabha's name is chanted over and over again, requesting his help.
Wesak	This is the most important Buddhist festival and commemorates the Buddhas Birth, enlightenment and parinirvana (final liberation).	The festival is commemorated by lighting lamps (symbolising hope), setting caged birds free, listening to special teachings from monks, making offerings at the local monastery

Examples of Evaluation questions

'The First noble truth is the most important.'

For	against
<p>Without the first noble truth there is no motivation to follow the rest of the truths.</p> <p>If you become aware of the first truth it will motivate you to do something about suffering so even if you do not learn of the other teachings this will help you decide to help others.</p> <p>If you know the first truth you can work the rest out yourself as that is what the Buddha did. He realised life was full of suffering and then worked out its cause. You can do the same.</p>	<p>All the noble truths only make sense if you take them together. You cannot have one without the other.</p> <p>The most important truth is the last one because that actually tells you what you have to do. Even if you do not understand that life is all suffering you can still strive to speak kindly with right speak and act morally with right action.</p> <p>The most important noble truth is the cause of suffering as that is the one that is actually telling you what the cause of the problem is. It is no use just knowing that all life is suffering. You need to know what to do.</p> <p>If you only know the first noble truth this could make you very depressed as you will think that life is just suffering and may think that there is nothing that you can do about it.</p>

'It is better to be an arhat than a bodhisattva.'

Agree	disagree
<p>Yes because this is following the original teachings of the Buddha. Everything else is a later invention of the Mahayanists who have made things up.</p> <p>Yes because everything you need to do is in the arhat ideal – you have to get rid of hatred, greed and ignorance. All the Mahayanists do is over complicate things.</p> <p>The idea of achieving enlightenment for the sake of others is an illusion, just a mental intention. Mahayanists do not actually do anything else to help others, just have that intention. Theravadins practise the Four Immeasurables which involves generating positive mental intentions towards others.</p> <p>Only you can achieve your own liberation so there is no point in suggesting that a Bodhisattva can save you.</p> <p>The original Buddha did no mention the concept of the bodhisattva, it comes from the influence of other religions such as Hinduism.</p>	<p>Bodhsattva is better because it is less selfish than the Theravadin ideal. Arhats just look our for themselves but Mahayanists are doing things for others benefit. The Bodhisattva remains in samsara with a view to helping others.</p> <p>The Bodhisattva is better because it involves cultivating the six perfections not just avoiding the things outlined in the five precepts. So you have to generate virtues as well.</p> <p>Bodhisattva strive for a realisation of emptiness which is a much deeper teaching that the idea f anatta. Emptiness is a realisation that everything is mind-dependent and there is no inherent existence in anything at all so this leads to complete liberation.</p> <p>A Bodhisattva will employ the concept of skilful means to help other people and so will have a greater array of techniques to assist others in their quest for enlightnemnt. They use things that are easier and more help to others eg visualisation</p>

'Meditation is the only practice a Buddhist needs to undertake.'

Agree	disagree
<p>Yes, without meditation you cannot learn to concentrate your mind and so your mind will remained uncontrolled until you learn to meditate properly.</p> <p>Yes, you only gain realisations fully and properly in meditation. The Buddha gained enlightenment during his meditation under the Bodhi tree. It was there that he learned to control his mind and gain insight into the truth.</p> <p>Meditation means focusing your mind on a virtuous object so whenever you do this you are meditating. Liberation is also focusing your mind on a virtuous object liberation and meditation are the same.</p> <p>All other practices support meditation. So they are important but meditation is the most important. Buddhist develop good karma so that they can</p>	<p>Buddhism is not just about meditation. It is also about action. It is equally important to live ethically.</p> <p>Not everyone has the time to practise meditation but this does not mean that they cannot therefore progress on the path. They can develop good karma for future rebirths.</p> <p>Buddhism is mainly about wisdom, realising the truth. You can do this by simply reflecting on a truth. Many Buddhists have had realisations in this way. Atisha own gained realisation after he rescured a dog that had a maggot infested wound. Prior to this experience he had spend years meditating and got nowhere.</p> <p>Before you meditate you have to purify your negative karma. This is shown in the story of Milarepa, a Tibetan Master who practised black magic and killed people when he was younger.</p>

meditate. They follow the principles of right speech and right action so that they can meditate. So meditation is the most important thing and ultimately the only things that helps.

Before his teacher allowed him to meditate he had to spend years purifying negative karma by doing different actions.