



What does it mean to be a Buddhist?





Theological Knowledge

 **Buddhism founded by Siddhartha Gautama** – later known as the **Buddha**.

 **The Four Noble Truths** – explain **suffering & how to end it**.


 **Karma & Reincarnation** – actions affect **future lives**.


 **Enlightenment (Nirvana)** – goal is to escape **suffering & rebirth**.


 **The Sangha (Buddhist community)** – includes **monks, nuns & lay followers** who support each other in faith.

Sociological Knowledge

Buddhists live across the world – large communities in **Asia & beyond**.

 **Temples & monasteries** – places for **worship, meditation & learning**.

 **Festivals (e.g., Wesak & Parinirvana Day)** – celebrate **Buddha's life & teachings**.

 **Buddhism influences daily life** – mindfulness, meditation, & ethical choices.

