



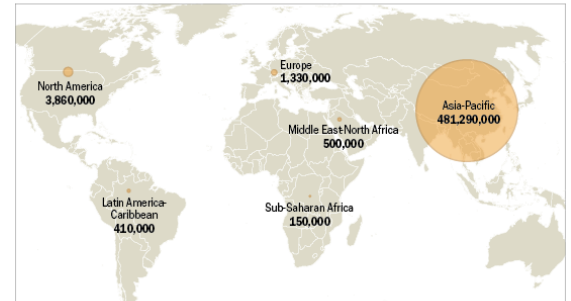
# Buddhism Learning Packet

Made By Liesl at [the Homeschool Den](http://thehomeschoolden.com)



## Regional Distribution of Buddhists

Population by region as of 2010



Percentage of world Buddhist population in each region as of 2010



Population estimates are rounded to the ten thousands. Percentages are calculated from unrounded numbers. Percentages may not add to 100 due to rounding. Pew Research Center's Forum on Religion & Public Life • Global Religious Landscape, December 2012





# Buddhism

*Do not dwell in the past,  
do not dream of the  
future, concentrate the  
mind on the present  
moment.*

-- *Gautama Buddha*

Buddhism began in India around 2,500 years ago. It remains the dominant religion of Eastern Asia.

Its founder was an Indian prince named Siddhartha Gautama. When he was young he had an luxurious, extravagant life. His father protected him from the harsh realities of sickness, suffering, old age and death clearing the roads of dead people, diseased people, the elderly and monks whenever they went out. As a young man he was Hindu, but he was deeply dissatisfied with some of the answers he found in Hinduism.

Siddhartha married a princess at the age of 16. They had a son together. According to legend, when Siddhartha was about 29, he made several trips outside of the royal palace. For the first time he encountered human suffering. He saw an elderly, frail man. The next day he saw a sick man on ground. On the third day he saw a corpse. Finally on the last day he saw a man with a shaven, head who appeared to be serene and calm.

Not long after this Siddhartha cast off his wealthy clothing. He set out to discover the causes of human suffering. He searched for some meaning and wandered alone, fasting and listening to holy men. He 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 Siddhartha found enlightenment while meditating under a sacred fig tree. He realized the answers he sought about life did not come with worldly goods and pleasures, nor did they come when he followed the Hindu wise men and went without food or sleep. Instead, Truth and Knowledge came to him when he did neither. By avoiding either extreme and by rejecting both pleasure and pain he found the Middle Way.







Above is the Mahabodhi temple in Bodhgaya, India. Two monks are meditating in front of it. The tree under which the Buddha attained enlightenment is on the left, behind the monks. This temple is the number one pilgrimage site of Buddhism in the world.

Buddha rejected speculation about matters such as God, the nature of the universe, and the afterlife, but instead had his followers focus on the Four Noble Truths.

### The Four Noble Truths:

While sitting under the sacred tree, Buddha discovered several truths:

- 1) Suffering and misery are universal
- 2) The cause of suffering is desire
- 3) The way to end suffering is to overcome desire
- 4) The ultimate goal of life is to escape pain and suffering by following the Middle Way. (Have virtuous conduct, compassion for all living things, have right knowledge, intentions, speech, conduct, livelihood and meditation).

Dhamek Stupa: This is where Buddha gave the first sermon on the 4 Noble Truths and the Eightfold Path.



## Eightfold Path:

1. You should know that greed causes suffering.
2. You should have only high and worthy goals.
3. You should always be honest and truthful.
4. You should do unto others as you would have them do unto you.
5. You should never hurt any living thing.
6. You should always work to educate yourself.
7. You should always have an alert and active mind.
8. You should practice meditation.



**Spread of Buddhism:** Emperor Ashoka of India (Mauryan Dynasty) strengthened Buddhism in the 3rd century B.C. He sent missionaries abroad and Buddhism began to spread. Buddhism spread to Sri Lanka in the 3rd century B.C., Tibet in the 7th century and southeast Asia during the first 5 centuries A.D. Meanwhile, Buddhism declined in India as Hinduism regained popularity (during the Gupta Dynasty). Later, India was invaded by the Huns and by Muslims. Buddhism became virtually extinct in India.



*Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.*

-- **Buddha**



# Buddhism Matching

- |                                   |                                                            |
|-----------------------------------|------------------------------------------------------------|
| 1. Buddhism began                 | born into a wealthy warrior-ruling class family.           |
| 2. Buddha means                   | under a sacred fig tree.                                   |
| 3. Siddhartha married             | about 2,500 years ago.                                     |
| 4. Siddhartha Gautama was         | at the age of 16.                                          |
| 5. Siddhartha was protected       | Enlightened one.                                           |
| 6. Siddhartha found enlightenment | from seeing suffering such as sickness, old age and death. |



## Buddhism Questions:



Which country has the most Buddhists? \_\_\_\_\_

Where did Buddhism begin? \_\_\_\_\_

How many people practice Buddhism in the world? \_\_\_\_\_

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.

A Buddhist religious building is called a \_\_\_\_\_.

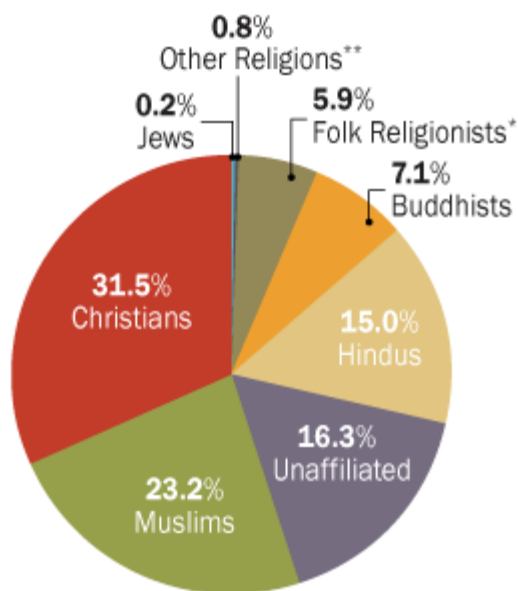
# Buddhism as a World Religion

## What religions have the most followers?

1. **Christians:** 2.2 billion Christians (32% of the world's population),
2. **Muslims:** 1.6 billion Muslims (23%),
3. **Hindus:** 1 billion Hindus (15%),
4. **Buddhists:** nearly 500 million Buddhists (7%) and
5. **Jews:** 14 million Jews (0.2%) around the world as of 2010.
6. **Traditional religions:** In addition, more than 400 million people (6%) practice various folk or traditional religions, including African traditional religions, Chinese folk religions, Native American religions and Australian aboriginal religions.

### Size of Major Religious Groups, 2010

Percentage of the global population



\*Includes followers of African traditional religions, Chinese folk religions, Native American religions and Australian aboriginal religions.

\*\*Includes Bahai's, Jains, Sikhs, Shintoists, Taoists, followers of Tenrikyo, Wiccans, Zoroastrians and many other faiths.

Percentages may not add to 100 due to rounding.

Pew Research Center's Forum on Religion & Public Life •  
Global Religious Landscape, December 2012

According to the graph, Buddhists make up approximate \_\_\_\_\_ % of the world population.

That means there are approximately 500 million Buddhists.

The graph to the right and the map on the next page are from the [PEW Report](#)

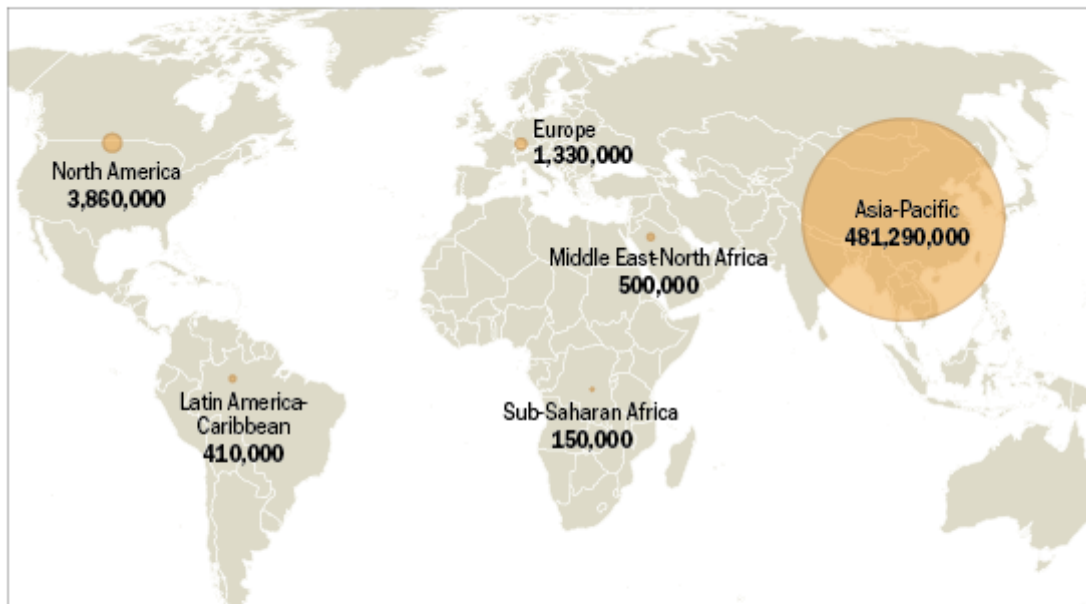
Homepage: <http://www.pewforum.org/2012/12/18/global-religious-landscape-exec/>



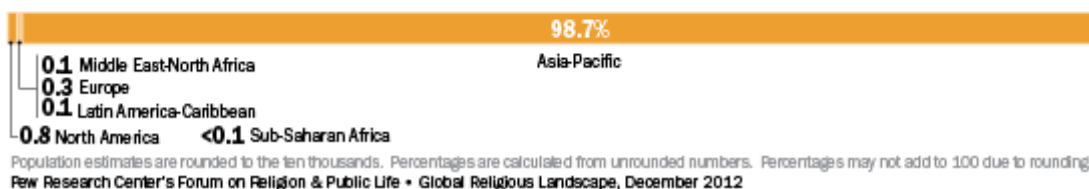
# Where do Buddhists live today?

## Regional Distribution of Buddhists

Population by region as of 2010



Percentage of world Buddhist population in each region as of 2010



Most Buddhists live on the continent of \_\_\_\_\_.

Country	Number of Buddhists
China	102 000 000
Japan	8 965 000
Thailand	55 480 000
Vietnam	49 690 000
Myanmar	41 610 000
Sri Lanka	12 540 000
South Korea	10 920 000
Taiwan	9 150 000
Cambodia	9 130 000
India	7 000 000



[Chart from: <http://www.buddhanet.net/e-learning/history/bstatt10.htm>]



## Religious Buildings:

Christians attend a \_\_\_\_\_.

Muslims attend a \_\_\_\_\_.

Hindus attend a \_\_\_\_\_.

Buddhists attend a \_\_\_\_\_.

Jews attend a \_\_\_\_\_.



## Buddhist Monks:

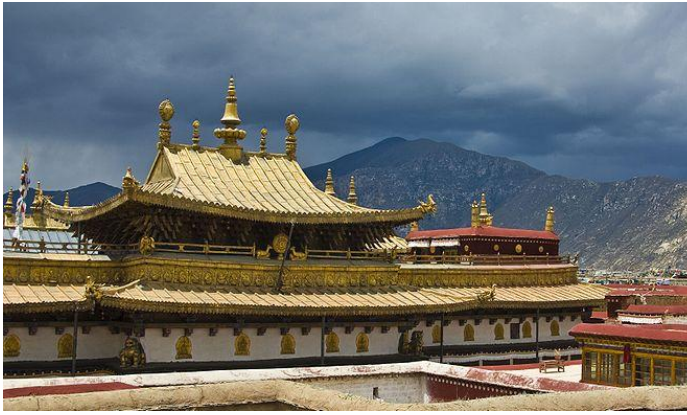
Monks and nuns are considered to be responsible for preserving and teaching Buddhist teachings and guiding Buddhist lay followers.

## Buddhist Temples



Wat Arun ("Temple of Dawn") is one of the oldest and best known landmarks in Bangkok, Thailand.





The Jokhang Temple in Lhasa is the most important sacred site in Tibetan Buddhism attracting thousands of pilgrims each year. Many monasteries around Tibet have large, fixed, metal wheels set side by side in a row. Passersby can turn the entire row of wheels simply by sliding their hands over each one. Spinning a prayer wheel will have much the same meritorious effect as orally reciting the prayers.



Todaiji ("Great Eastern Temple") in Nara is one of the most historically significant and famous Buddhist temples in Japan.



The Shwedagon Pagoda (or Golden Pagoda) in Yangon, is the holiest Buddhist shrine in Burma. The origins of Shwedagon are lost in antiquity but it is estimated that the Pagoda was first built by the Mon during the Bagan period, sometime between the 6th and 10th century AD.



Located on the Indonesian island of Java, the Borobudur is the largest and most famous Buddhist temple in the world. The Borobudur was built over a period of some 75 years in the 8th and 9th centuries by the kingdom of Sailendra, out of an estimated 2 million blocks of stone. It was abandoned in the 14th century for reasons that still remain a mystery and for centuries lay hidden in the jungle under layers of volcanic ash.





Bagan, also spelled Pagan, on the banks of the Ayerwaddy River, is home to the largest area of Buddhist temples, pagodas, stupas and ruins in the world. It was the capital of several ancient kings of Burma who built perhaps as many as 4,400 temples during the height of the kingdom (between 1000 and 1200 AD). In 1287, the kingdom fell to the Mongols, after refusing to pay tribute to Kublai Khan and Bagan quickly declined as a political center, but continued to flourish as a place of Buddhist scholarship.

*Three things cannot be long hidden:  
the sun, the moon, and the truth.*

-- **Buddha**

*It is a man's own mind, not his enemy  
or foe, that lures him to evil ways.*

-- **Buddha**

*The only real failure in life is not to be  
true to the best one knows.*

-- **Buddha**

# Buddhism Matching Answers



- |                                   |                                                            |
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## Buddhism Answers:



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Where did Buddhism begin? India

How many people practice Buddhism in the world? 500 million

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4 Noble Truths and the 8-fold Path.

A Buddhist religious building is called a temple.