

# Core Beliefs

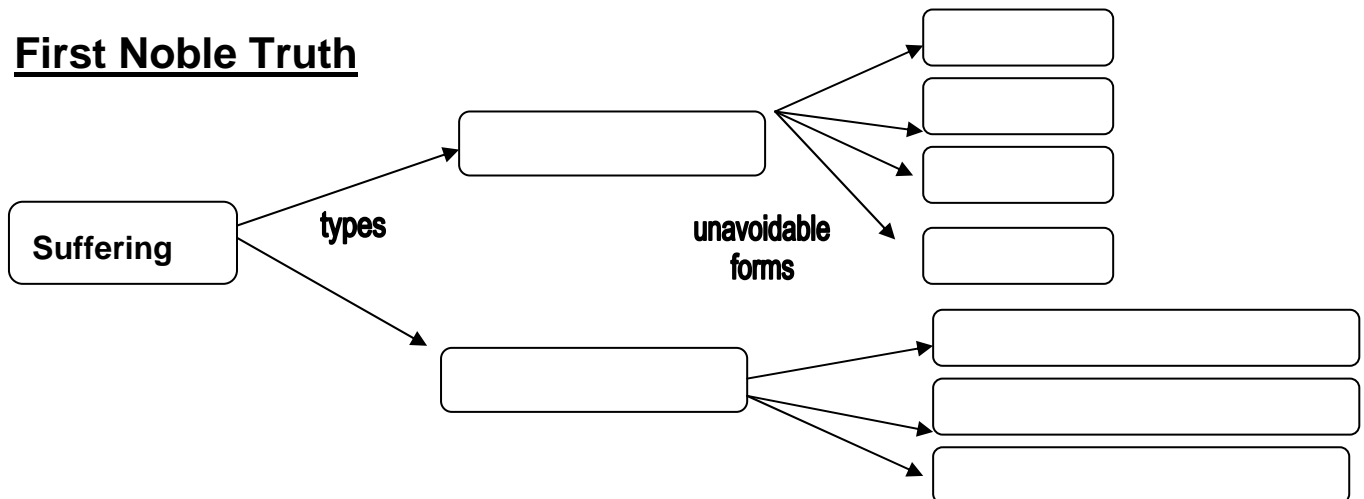
## Buddhism

Buddhist Studies: <http://www.buddhanet.net/e-learning/buddhism/index.htm>

**The central teaching of Buddhism is grounded in the Four Noble Truths.**

Complete the following:

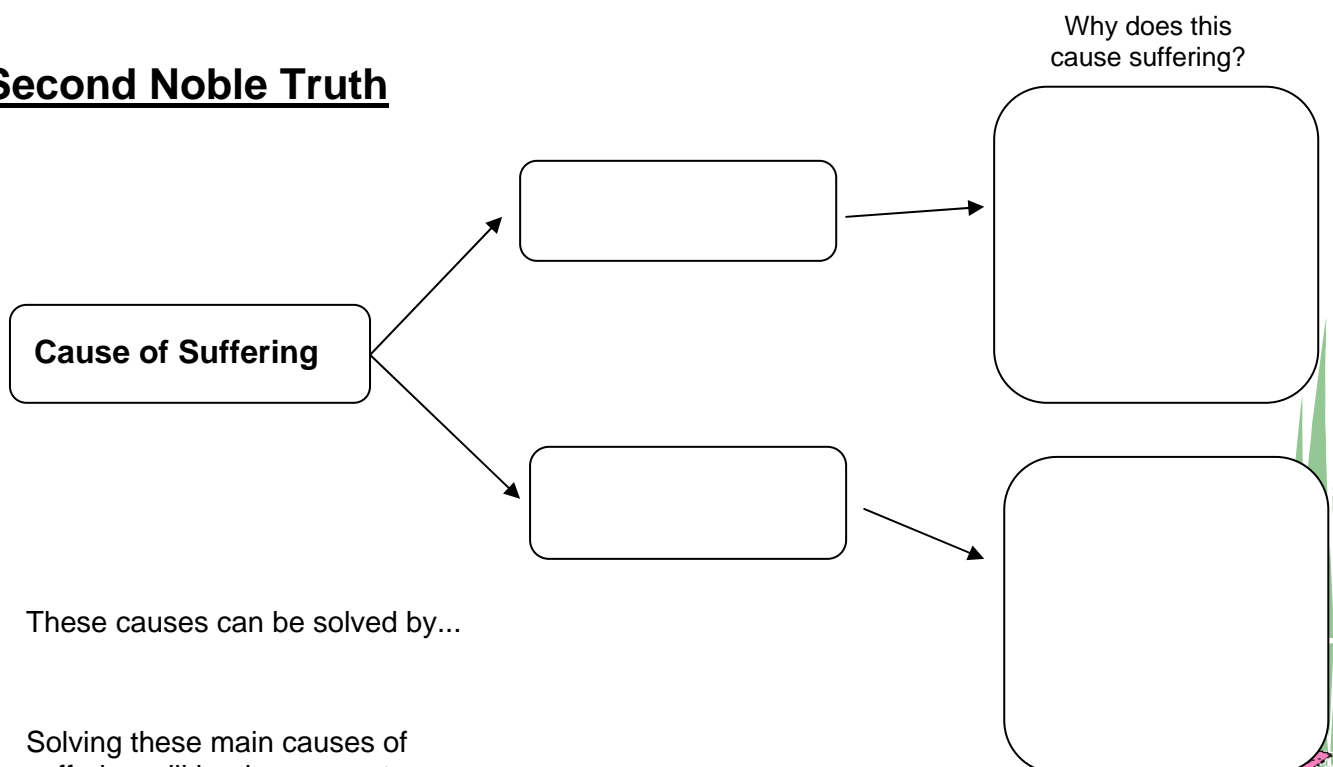
### First Noble Truth



Happiness is...

Buddhists believe that the way to end suffering is ...

### Second Noble Truth



These causes can be solved by...

Solving these main causes of suffering will lead a person to...

Worksheet may be copied for classroom use only.

Trish Bartlett

[www.tbresources.com.au](http://www.tbresources.com.au)



## Third Noble Truth

**End of Suffering**

Key to ending all suffering is...

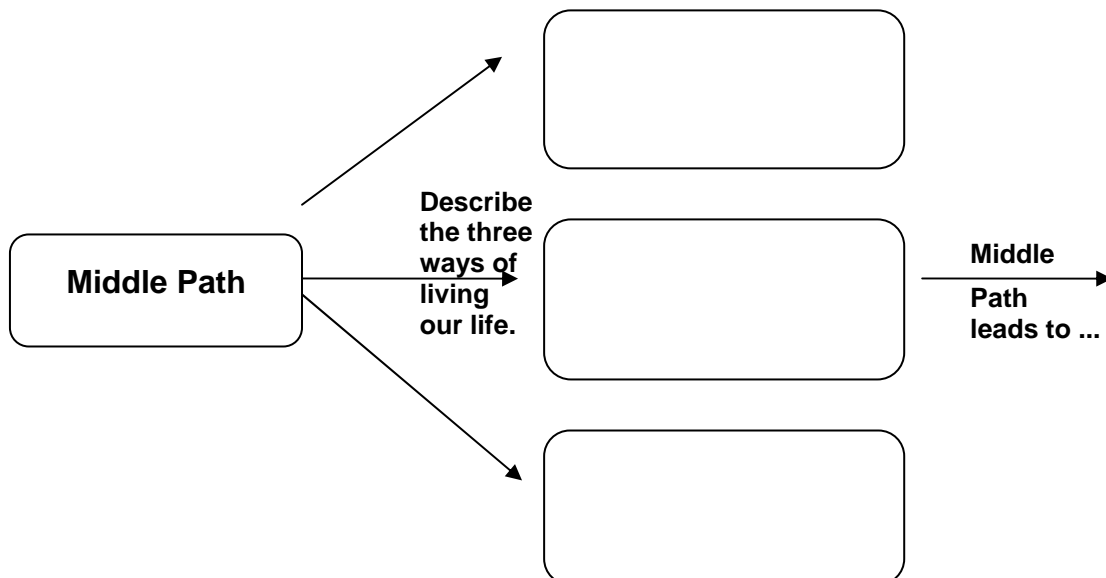
What happens after suffering ends?

What is Enlightenment?

Qualities of enlightenment.

What is another name for enlightenment?

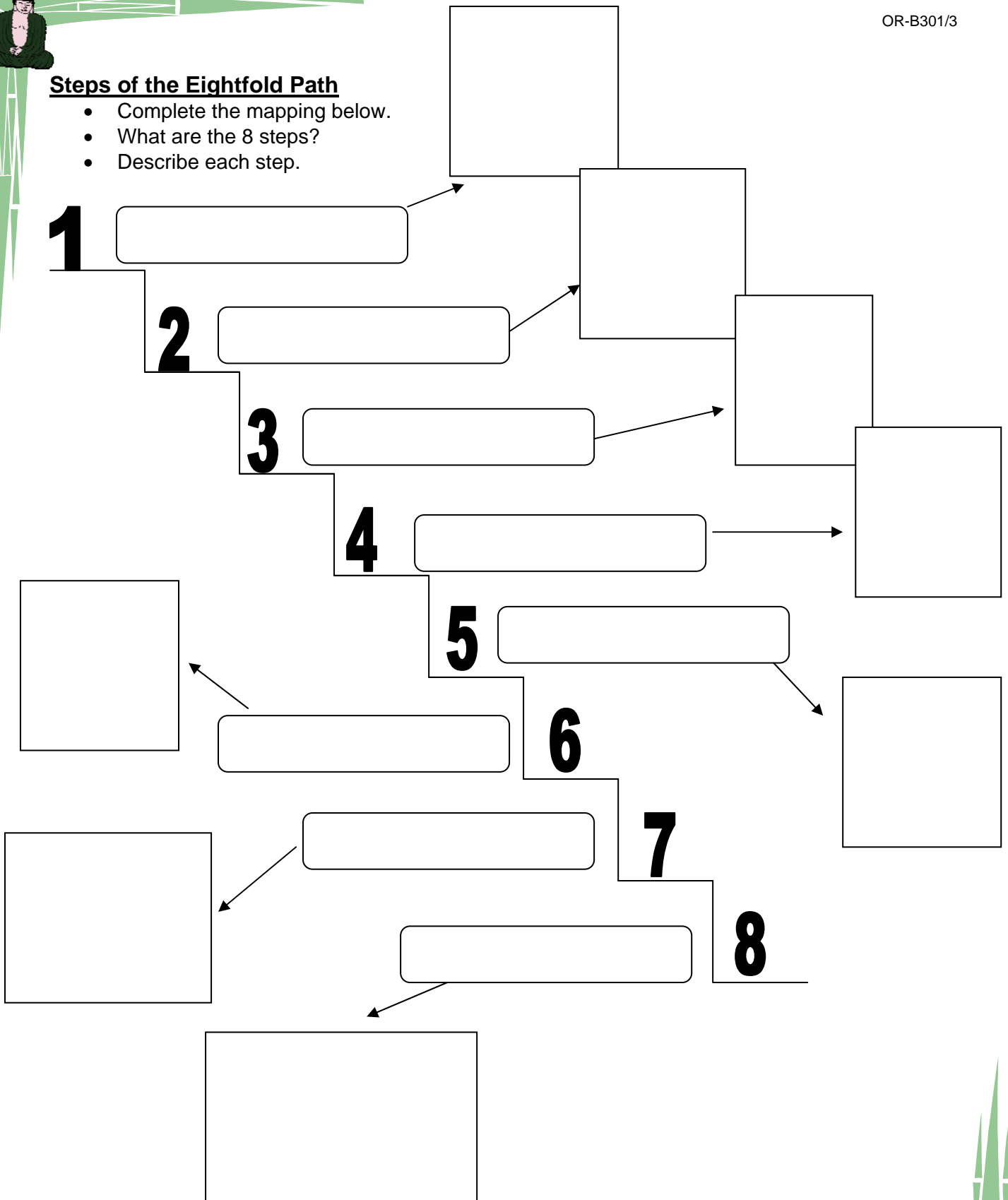
## Fourth Noble Truth





### Steps of the Eightfold Path

- Complete the mapping below.
- What are the 8 steps?
- Describe each step.



Name the three practices at which the Path is specifically aimed...




How do these relate to the above?





Give examples of how one can follow this path.

For example:

- How does one practise Good conduct?
- Good conduct means...

For example:

- Through mental development one can...

For example

- One can develop through...



## Solutions to Worksheet OR-B301: Core Beliefs

Example - all answers can be found at Buddhist Studies:

<http://www.buddhanet.net/e-learning/buddhism/index.htm>

click on: 'Buddhist Studies' for secondary level

### First Noble Truth

