

Year 9 Term 3: Should happiness be the purpose of life?

Philosophy = this is about *'thinking'*. It is about finding out how and whether things make sense. It deals with questions of morality & ethics. It takes seriously the nature of reality, knowledge & existence

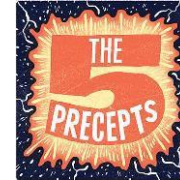


Key vocabulary

Samsara = cycle of birth, death and rebirth in Buddhism
Karma = action. Actions that are a result of choices people make.
Impermanence = when something doesn't last and can change
Nibbana = 'blowing out' the fires of greed, hatred and ignorance, and the state of perfect peace that follows.
Dhamma = teachings of the Buddha
Dukkha = suffering
Precept = a general rule intended to regulate behaviour
Enlightenment = the realization of the truth about life

**Can we measure happiness?
Should we try?**

1. Avoid killing or injuring living creatures
2. Avoid taking what is not given
3. Avoid any sexual misconduct
4. Avoid lying and wrong speech
5. Avoid taking alcohol or misusing drugs



Bhutan: the happiest country in the world?

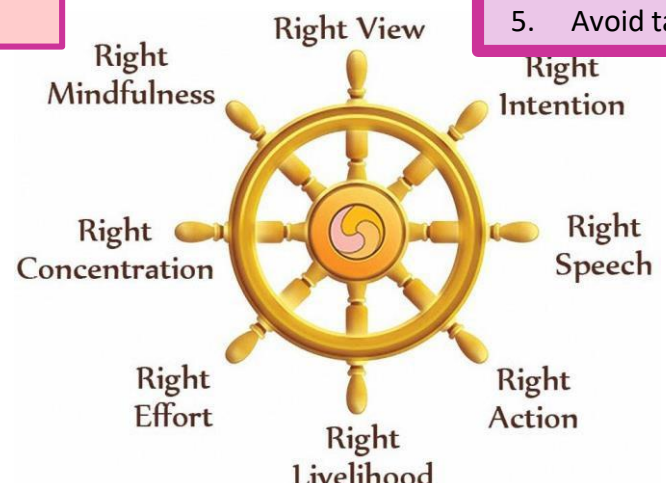


Buddhism is a spiritual tradition that focuses on **personal spiritual development** and the attainment of a deep insight into the true nature of life. Buddhists seek to reach a state of *nirvana*, following the path of the Buddha, Siddhartha Gautama, who went on a quest for Enlightenment. There is **no belief in a personal god**. Buddhists believe that **nothing is fixed or permanent** and that **change is always possible**. The path to Enlightenment is through the practice and development of **morality, meditation and wisdom**.

- The 4 noble truths**
1. Life is full of suffering (**Dukkha**)
 2. Suffering comes from desire/attachment (**Samudaya**)
 3. The end of suffering is possible (**Nirodha**)
 4. The eightfold path is the way to end suffering (**Magga**)

The Noble Eightfold Path (the middle way)

Karma = 'action'
 For Buddhists, karma has implications beyond this life. Bad actions in a previous life can follow a person into their next life and cause bad effects. Good karma can result in being born in one of the heavenly realms. Bad karma can cause rebirth as an animal, or torment in a hell realm.



Prince Siddhartha Gautama was born in Nepal in 6th century BC. A fortune teller told his father that Siddhartha would grow up to be either a great king or a religious leader

As he grew up, Siddhartha's father hid all the bad and dying things in the world from him. But, one day, he decided to leave the palace unattended.

When Prince Siddhartha Gautama left the palace, he saw 4 sights:

- A holy man
- A sick man
- A dead man
- An elderly man



Siddhartha then meditated beneath a Bodhi tree for 49 days until he reached enlightenment and became the Buddha.

When Prince Siddhartha saw the holy man so happy with nothing, he decided to leave his life of luxury and live as an ascetic for 5 years.

After 5 years Siddhartha was close to death, and realised this was not the way to live. He realised that the only way to live was to follow a 'middle way'.

