

8.1 A Study of Buddhism

KEY CONSTRUCT

2. Beliefs and teachings form the basis of organised religions.

3.8 The Buddha: how and why do his experiences and teachings have meaning for people today?

Section A: Key Vocabulary

1. **Tri-Ratna** —the three refuges/ jewels; Buddha, dhamma and sangha.
2. **Buddha** — a person who finds enlightenment, the title given to Prince Siddhartha Gautama.
3. **Dhamma** — the teachings of the Buddha
4. **Sangha** — the worldwide community of Buddhists.
5. **Nirvana** — eternal peace and wisdom beyond human understanding.

Section B: Component Knowledge

1. Buddhism is known as the middle way which is a life between extreme indulgence and deprivation.
2. The Buddha is not a god, he was a human prince who attained enlightenment.
3. Annica is the belief in impermanence, meaning nothing lasts forever.
4. Dukkha is the belief that life is unsatisfactory and suffering is inevitable.
5. Nirvana is when suffering ends by breaking our attachment to material things.

Section C: Core Content

A) Tri-Ratna / Nirvana



- ⇒ The symbol of the **Tri-Ratna** reminds Buddhists what is truly important in life.
- ⇒ The three colours represent **the Buddha, the Dhamma, the Sangha**. The lotus flower represents **enlightenment**. The circle represents the **eternity** of life's cycle and the universe. Fire is present for **protection** and cleansing.
- ⇒ If a person gains **Nirvana** they can **break out of the cycle of rebirth**, to a **place of eternal peace**.

B) Buddha



- ⇒ In images of Buddha his face often looks **calm and serene**, to show that he has found peace.
- ⇒ Siddhartha Gautama (Buddha) was a prince who was **kept in the palace and sheltered from seeing any suffering or death**.
- ⇒ **Dissatisfied** with this, Siddhartha left the palace which is when he saw **FOUR SIGHTS: old age, sickness, death and then a seeker (holy man)** who told him the only thing that doesn't die or get old/sick is **truth**. He decided to leave his comfortable life to see if he could find the truth about suffering.
- ⇒ Buddha tried a life of **deprivation and starvation** but after 6 years he realised this was not the way so he found a **middle way**. By living this way he **achieved nirvana**.

C) Dhamma (teachings)



- ⇒ **Anicca** is the first of the Three Marks of Existence and it states that **nothing is permanent**.
- ⇒ The **Four Noble Truths** are: **Dukkha** – human life is full of suffering and sorrow; **Samudaya** – suffering and sorrow is caused by tanha ('craving'); **Nirodha** – suffering and sorrow can end if you reach nirvana (enlightenment); **Magga** – the Eightfold Path is the path to nirvana.
- ⇒ The **Eightfold Path** involves: **Right Understanding, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Concentration, Right Mindfulness**. This influences the **lifestyle** Buddhists try to live.

D) Sangha (community)



- ⇒ The word **sangha**, means **group/assembly**. It refers to the **worldwide community of Buddhists** (approx. 535 million people).
- ⇒ Most are ordinary people with families, jobs and homes - known as **lay Buddhists**.
- ⇒ Some become **Bhikkhus** (monks) or **Bhikkhunis** (nuns) and they usually live in a **vihara** (temple/monastery) and devote their lives to Buddhism.
- ⇒ There are two main branches (denominations) of Buddhism. **Mahayana**, which means 'great vehicle' and **Theravada**, which means 'way of the elders'.

8.2 A Study of Judaism

KEY CONSTRUCT

2. Beliefs and teachings form the basis of organised religions.

3.11 What is good and what is challenging about being Jewish in the UK today?

Section A: Key Vocabulary


- Covenant** — a promise or agreement made between God and humans.
- Shabbat** — Friday dinner to start the Sabbath (day of rest)
- Bar Mitzvah** — Jewish coming of age celebration for boys.
- Bat Mitzvah** — Jewish coming of age celebration for girls.
- Anti-Semitism** — prejudice and discrimination against the Jewish community

Section B: Component Knowledge

- G-d made a covenant with Abraham where he promised land, descendants and protection.
- Passover is a celebration to remember the Moses and how he saved the Jewish people from slavery.
- Bar and Bat Mitzvahs mark the point where a Jewish boy or girl takes on their spiritual responsibility.
- Jews worship every Friday by having Shabbat dinner followed by a day of rest (Sabbath).
- Anti-Semitism still occurs in the forms of prejudice, mistreatment and even violence against Jewish people and places.

Section C: Core Content

A) Covenants



The illustration shows two figures. On the left, Abraham is depicted as an older man with a long white beard, wearing a red robe and holding a staff. A younger boy stands beside him. On the right, Moses is shown as a man with a long white beard, wearing a purple robe and holding a staff. He is holding a scroll.

The Abrahamic Covenant

⇒ **Abraham** was **tested by God** many times and because of his devotion God made a **covenant** (agreement) with him. As long as Abraham's descendants **remain faithful** God will promise he would provide: **land, descendants and protection/blessing.**

The Mosaic Covenant

⇒ Later, a man named **Moses** saved the Jewish people from **persecution in Egypt** when he led them to safety across the Red Sea. After this, **God gave Moses a set of 613 rules (mitzvot)** which they should live by, including the **Ten Commandments.**

⇒ Today the Jewish communities are led by **rabbis** - a respected and educated person who has studied and **understands the sacred texts** and traditions of Judaism.

B) Being Jewish



The illustration shows various Jewish symbols: a menorah (candelabrum) with seven branches, a Star of David, a scroll with Hebrew text, a bottle of wine, a glass, a candle, a gift box, and several round objects that could be tefillin or mezuzah.


⇒ Jews **express their Jewish heritage** in multiple ways. Some wear **kippah** (male head covering); others wear **tefillin** (prayer boxes under clothes); most hang **mezuzah** (prayer box for doorways to Jewish homes).

⇒ **Shabbat** (the Sabbath) begins on **Friday evenings** and ends at **sunset on Saturdays**—it remembers how God created the world and on the seventh day he rested. To honour this, **Jews won't do anything strenuous on this day** and will **spend time as a family and reflect on the life they have created.**

⇒ **Bar Mitzvah** (boys aged 13) and **Bat Mitzvah** (girls aged 12) ceremonies are to mark a young Jew's **transition to adulthood.** Most importantly, they **make their promises to live according to the mitzvot (Jewish laws).**

⇒ **Passover** is a celebration of the story of **Moses and the Exodus.** During Passover, Jews remember how Moses and their ancestors **left slavery behind them.**

C) Anti-Semitism



The illustration shows a scene of anti-Semitism. A sign on the left says "NO JEWS ALLOWED". In the background, a building is on fire. A sign in the middle says "JUDEN". A man in a dark uniform is walking towards the viewer.

⇒ German leader, Adolf Hitler **wrongfully blamed the Jewish people for losing WW1.** When WW2 broke out, Hitler then committed **genocide** (mass murder) of nearly **12million Jews** and other minority groups. This is known as the **Holocaust.**

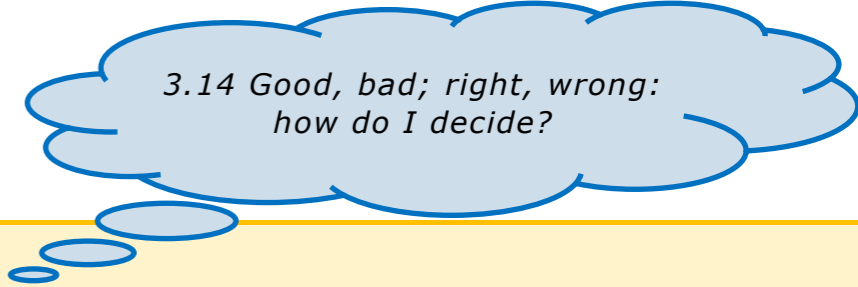
⇒ After the defeat of Hitler, and the extent of the Holocaust tragedy came to light, the **United Nations** was formed and they wrote the **Declaration of Human Rights**, which makes it **internationally illegal to discriminate against anyone based on their race, gender, religion or sexuality.**

⇒ Despite this Anti-Semitism still exists within society. This means that sometimes **Jewish people endure discrimination, violence, intimidation, bullying and abuse** as well as having their **synagogues vandalised/damaged. All of which is illegal under British and International laws.**

8.3 Ethics and Morality

KEY CONSTRUCT

5. Moral and ethical issues are influenced by religious and non-religious beliefs.



Section A: Key Vocabulary

1. **Morality** — a person's unique understanding of good, bad, right and wrong.
2. **Stewardship** — the belief that humans are caretakers of the earth.
3. **Sanctity of Life** — the belief that life is sacred because it's God-given.
4. **Animal Rights** — campaigns designed to stop animal mistreatments and abuse.
5. **Utilitarianism** — the moral principle of 'the greatest good for the greatest number'.

Section B: Component Knowledge

1. Morality can be absolute (never changing) or relative (changes with the situation).
2. Actions which cause the greatest possible happiness are referred to as utilitarian.
3. People who see themselves as stewards aim to reduce the suffering of animals and the environment.
4. Most religious people aim to protect life because it is created by God, this belief is called the sanctity of life.
5. Many people believe that animals should have the right to live free from human exploitation and abuse.

Section C: Core Content

A) Morality



- ⇒ Morality is what a person, group or society thinks is **right/wrong** or **good/bad**.
- ⇒ Some morals/ethics are **easily agreed upon**, for example **murder, theft, racism**. But other things are **not so clearly agreed upon**, for example **free speech, self-defence or misbehaviour**.
- ⇒ Morality can be **influenced** by many factors including; **family, friends, education, past experiences, conscience, religious beliefs, culture, media and age**.
- ⇒ Sometimes our **morality may be fixed**—this is called **absolute morality**. This means what we think is right/wrong does not change at all. Other times we may **change our mind about whether something is right/wrong** depending on the situation — this is called **relative morality**.
- ⇒ Some ethics/morals may only apply to **you** (e.g. swearing), others may apply to a **group of people** (e.g. THS school values); others may be **universal** (e.g. murder).

B) Ethical Issues



- #### Animal Rights
- ⇒ **Animals are used in a range of ways for human consumption, entertainment and medical / cosmetic care.**
 - ⇒ Animals are used in **farming and agriculture** in order to provide food for the increasing human population. **Vivisection** is the use of animals for **experimental medicines and cosmetics**. **Sports** such as **horse/dog racing, fishing and hunting** is often challenged due to the treatment of the animals. **Zoos and safaris** use **animals for entertainment and profit**; often the enclosures and treatment of the animals are not considered appropriate. Some believe these should be banned.
- #### Medical Ethics
- ⇒ Some **ethical issues** which challenge morality are: **cloning** (creating replicas of creatures or organs in a lab) **blood transfusion** (taking another person's blood) and the use of **Artificial Intelligence (AI)** for things like driving and robotics.

C) Sanctity of Life



- ⇒ **All religions teach that life is sacred**, usually because they believe it is created or sustained by a god. However humans have taken what was good **destroyed it** by not taking our **responsibilities** as 'stewards' seriously.
- ⇒ **Buddhists** follow the **five precepts** to develop good moral character, they are: **do not take a life, do not take what is not given, do not overindulge the senses, do not speak wrongfully, do not cloud the mind**.
- ⇒ **Jews** believe in 'Tikkun Olam' which involves **increasing the well-being of humankind** because it is one of the key elements of repairing the world. By helping each other we will in turn help the world.
- ⇒ Most **Humanists/atheists** are **Utilitarian**—which means they believe in '**the greatest good for the greatest number**' so live a life where others can flourish.

8.4 Life After Death

KEY CONSTRUCT

4. Sources of authority are interpreted for wisdom and guidance.

3.15 Does it make a difference if you believe in life after death?

Section A: Key Vocabulary

1. **Soul** — the non-physical part of a person which continues after death.
2. **Resurrection** — coming back to life after your body dies.
3. **Remanifestation** — to be born again in a new form after your body dies.
4. **Eternity** — something that lasts forever and does not end.
5. **Funeral** — a ceremony performed after a person dies.

Section B: Component Knowledge

1. Some people believe that souls exist (dualists) and others do not (materialists).
2. Christians, Muslims and Jews believe in a linear life which starts as physical and then becomes spiritual after death
3. Hindus, Buddhists and Sikhs believe in a cyclic life which means a soul has multiple lives in multiple bodies
4. Heaven is a place where good souls go as a reward and hell is a place for bad souls to be punished.
5. Funerals are rituals performed after a person has died to remember their life and send them to the afterlife.

Section C: Core Content

A) Souls



- ⇒ **Dualists believe** that there are **two elements** to human life; a physical element (the body) and a non-physical/spiritual element (soul). Materialists believe that there is only **one element** to human life; the **body**.
- ⇒ Souls are believed to be immortal (cannot die) and eternal (last forever). For people who believe in an afterlife, they believe it is the soul that goes there—not the body.
- ⇒ **LINEAR LIFE - Jews, Christians and Muslims** believe a soul has **one life**; from **birth to death** and then it is **resurrected and sent to either heaven or hell**.
- ⇒ **CYCLIC LIFE - Hindus, Buddhists and Sikhs** believe a soul can have **many lives**. They see life is a **cycle** where a soul is **remanifested** over and over again. A soul can take **many different forms**, from animal, to human and even as a plant. Eventually, the soul will be released from the cycle.
- ⇒ **Humanists/Atheists** believe there is **no soul**, therefore there is **no afterlife**. The body returns to **nothingness** and that person only lives on in the **memories** of those still alive.

B) Afterlives



- ⇒ **Heaven** is a place where there is **no evil or suffering**. Texts say that it **is where God and our loved ones are waiting for us**, and it is where we are **rewarded for a life well-lived**. Everything you need and desire is given to you in heaven and will be **pure peace and joy!**
- ⇒ **Hell** is a place **full of pain and suffering**. It is believed to be place where a person is **tormented and tortured for sins committed**. Medieval art shows Hell as a frightening place of **fire, darkness and destruction**.
- ⇒ Some theists **reject** the idea of Hell completely and say that an **all-loving God would not have a place of such suffering**.
- ⇒ These places are usually thought of as **supernatural/spiritual worlds**, somewhere only our souls go. But others believe them to be **physical** so we will be given a new **(resurrected) body** to have for **eternity**.

C) Funerals



- ⇒ A funeral is a **ceremony** connected with a **burial or cremation** for a person who has died. Funerals are **specifically designed** to reflect religious beliefs used by a culture to remember the dead.
- ⇒ Key aspects of a **Christian funeral** include: **eulogy** (speech about the deceased), **prayers** (to help the soul get to heaven), **coffin** (to keep the body intact), the **committal** (when the coffin is lowered into ground or taken away for cremation).
- ⇒ Key aspects of a **Hindu funeral** include: a **lamp** (placed by the head of the body), **prayers**, religious **songs**, **pindas** (rice balls) are placed in the coffin, **water** is sprinkled on the body and a **mala** (necklace of wooden beads or flowers) may be put around the dead person's neck.
- ⇒ Funerals are considered a **vital** part of a persons religious life and without a funeral many believe their **souls will be stuck** without a place to go.

8.5 Beyond the Big Six

To what extent does religion impact a person's perspective?

Section A: Key Vocabulary

- Denomination**—a branch or group associated with an established, mainstream religion,
- Mother Nature** - a personification of the natural world.
- Ritual** - a sequence of actions performed in a set way usually with spiritual significance.
- Non-conformity** - not following the practices of any established, mainstream religion.
- Myth** - an ancient or traditional story, usually involving spiritual or supernatural beings.



Section B: Component Knowledge

- Everyone has the legal right to express their beliefs without judgement or fear.
- Being Baha'i means focusing on a personal relationship with God, but not on religious ritual.
- Being Pagan often means having a adoration for mother nature.
- The Māori believe in mana which is a personal, sacred force or spiritual essence.
- Quakers is a denomination of Christianity do not rely on a leader to guide worship, they believe each individual can encounter God for themselves.

KEY CONSTRUCT

1. Diverse worldviews influence and impact how we experience the world.

1. Paganism
Pagan is a blanket term for many different beliefs but is often characterised by **reverence** and **deep love** for **mother nature**; it has no set texts and encourages freedom to choose what to believe.





Beltane celebrates fertility and life with May day activities like maypole dances and bonfires.


Most pagans reject the notion of an afterlife in hell, but there are mixed beliefs about whether there is reincarnation or some sort of 'heaven' or 'otherworld'. The festival of **Samhain** celebrates those who have died and gone before, some pagans even use **runes** or other **fortune telling** methods to communicate with the dead.

Paganism believes firmly in **equality** and the **Goddess** is worshipped in several festivals throughout the year.

3. Baha'i
The Baha'i Faith places great importance on a **person's relationship with God**, but **not on religious ritual**. Baha'is have no priesthood or clergy, no initiation ceremonies, no sacraments, and no specific worship rituals.






Every Baha'i is to pray daily, abstain from alcohol and other mind-affecting substances; to practice monogamy; to obtain the consent of parents to marriage; and to attend the **Nineteen Day Feast** on the first day of each month of the Baha'i calendar.



Baha'u'llah, the Baha'i **prophet**, had a vision from the 'Most Great Spirit' in the form of a heavenly maiden who confirmed that his message should be of **peace and unity** among all races, nations and religions.

The House of Worship is a place for prayer and meditation. It is also where the Nineteen Day Feasts are held; this is a day of devotion, administration and fellowship.


2. Māori
The Māori believe in **Mana** which is the word that represents the idea of a **personal, sacred force** or **spiritual essence**. It exists in almost all things including **people, animals, land** and even **inanimate objects**. Carvings often represent renowned members of a tribe and celebrate events in **Maori history**.



Maui is a well known god from Māori mythology

The **Haka** (ceremonial dance) and **Moku** (tattoo patterns) are both expressions associated with the Māori. They relate to success in battle and are signs of status, again linking to Māori history. Mana is believed to be passed on through ancestors so connections with the past are important.

4. Quaker
Quakers are a **denomination** of Christianity. Quaker worship is characterised by **silence**. Often called '**waiting meetings**', Quakers do not rely on a leader to guide worship, they believe each individual can **encounter God** for themselves.



For Quakers, living out one's faith in community is of the utmost importance. Overtime, Friends have been led to **work against war, racism, poverty, and lead simple lives**. These fall under the category of Quaker "testimony" as they are a **witness** of the faith of the lived community.

Elizabeth Fry, a Quaker **prison reformer** was commemorated on the £5 note.