

Buddhism Bridge Work



Buddhism tries to answer questions such as:

- What is the purpose of life?
- Does all of life involve suffering? If so, how can we reduce this?
- Do our actions have consequences?

This year in Buddhism, we will be studying:

1. The life of the Buddha
2. The Three Refuges
3. Samsara
4. Meditation
5. The Three Marks of Existence
6. The development of Mahayana Buddhism
7. Buddhism in the Far East and Buddhism in the West
8. Engaged Buddhism and Social Activism
9. Buddhism and Gender

To do:

Using the below websites, read and find out and record 20 pieces of information about each of the following:

- Basic Buddhism
- The Four Noble Truths
- Karma and rebirth
- Meditation
- The Buddha's life

<http://www.bbc.co.uk/religion/religions/buddhism/>

<https://www.buddhanet.net/e-learning/basic-guide.htm>

Download a mindfulness/meditation app and have a go... Try 'Headspace,' 'Think, Breathe & Think,' or 'Insight Timer.'

To read:

- **Buddhism: Plain and Simple**, Steve Hagen
- **Peace is Every Step**, Thich Nhat Hanh
- **The Art of Happiness**, the Dalai Lama
- **Without Buddha I could not be a Christian**, Paul. F. Knitter
- **The book of Joy**, Dalai Lama and Desmond Tutu

To watch:

- BBC Genius of the Ancient World - Buddha: <https://www.bbc.co.uk/programmes/b064jf28>
- BBC Seven Wonders of the Buddhist World: <https://www.youtube.com/watch?v=KiEADtRLQfs>
- BBC documentary – the Life of the Buddha
- Buddhism Ted Talks: <https://www.ted.com/topics/buddhism>

Finally... if you can think of *anything* in the world that does not cause suffering (dukkha), we would be very interested to know...

