Name: Date: Period:

**Visit this site:** [An Introduction to Buddhism](http://www.ship.edu/~cgboeree/buddhaintro.html)

* **Click on "Life of Siddhartha Guatama" and answer these questions:**

1. Describe Siddhartha Guatama's birth.

2. What happens to Siddhartha at age 29?

3. The image on the left represents Siddhartha. What does it show about him?

4. Describe his experience under the bodhi tree.

5. How did he feel about the status or background of people?

6. What significance did he give to women?

7. To what did he devote his life?

8. List the significant happening of his life at ages 35 and 80.

**• Click on "The Basics of Buddhist Wisdom."**

9. List the Four Noble Truths

a.

b.

c.

d.

10. What is an attachment? Give an example of one.

11. Do you have attachments? Explain.

**• Click on "The Basics of Buddhist Meditation."**

12. Describe Basic Meditation.

13. Can you meditate while walking?

14. What are the Five Hindrances (obstacles) to concentration or meditating?

a.

b.

c.

d.

e.

**• Click on "A Sampler of Zen Poems."**

Read the poems by Basho.

15. Which one is your favorite poem, and why?

Visit this site: [Basics of Buddhism](http://www.pbs.org/edens/thailand/buddhism.htm)

* **Look under the** **"The Cycle of Rebirth**."

16. Read this section and describe the plane or realm that seems the best to you.

**Visit this site:**  [BUDDHISM](http://www.religioustolerance.org/buddhism.htm)

17. Where does Buddhism rank in all the world's religions?

18. What are the two main forms of Buddhism? And what is the difference between them?

19. Give the countries where they are practiced.

**Visit this site:** [Essentials of Buddhism](http://www.buddhaweb.org/)

a. What is the Eight Fold Path?

b. What are we made up of?

c. What things slow us down and restrict our freedom?

d. What are the "friends on the way to Nirvana"? List them and give a description of each.