

# Year 2: How do Buddhists express their beliefs?

## What will I know by the end of this unit?

- That Buddhists worship in the home and have a **home shrine** with a statue of Buddha (rupa) or mandala, incense, candles, water, food and a bell to engage all the senses.
- That **meditation** is a form of Buddhist worship.
- That Buddhists use symbols and aids to worship, e.g., prayer beads, prayer wheels, prayer flags and lotus flowers.
- How Buddhists show compassion, generosity, honesty and patience.

### Buddhist Home Shrine

The home shrine would have the following:

- a statue of Buddha (rupa);
- a mandala;
- incense;
- candles;
- water;
- food;
- a bell.

mandala



All of these items help to engage all of the senses.

Buddhists believe in the **Five Precepts**. All Buddhists follow a set of guidelines for daily life. These are:

1. do not harm or kill living things;
2. do not take things unless they are freely given;
3. lead a decent life;
4. do not speak unkindly or tell lies;
5. do not abuse drugs or drink alcohol.



Vocabulary	
alms	Money or food donated to people living in poverty.
bow	A physical expression of the Buddha's teaching.
home shrine	A quiet place where Buddhists can be alone to meditate.
incense	A substance that is burned for the sweet smell it produces.
mandala	A configuration of symbols.
meditate/ meditation	To transform the mind.
prayer wheel	A cylindrical wheel on a spindle.
rupa	Statues or depictions of Buddha.
sangha	A community.
values	A person's belief about good behaviour and what things are important.

### Meditation

The aim of meditation is to still the mind so that it becomes peaceful and focused. Also to stop the mind thinking about lots of aimless thoughts.



All Buddhists meditate and most meditate daily.

### How does the prayer wheel work?

This wheel is turned by the heat of a candle. The light emitted from the prayer wheel then purifies the negative karmas of the living beings it touches.



prayer wheel

### How are prayer beads used?

Prayer beads are used to aid concentration during meditation. The beads are rotated each time a prayer is recited.



prayer beads

CRC Article 14: All children have the right to their own religion.



Take time to reflect

What do you think of the Five Precepts? Are these guidelines good for us all to follow? Why?