

Name \_\_\_\_\_

## Buddhism: The Path to Enlightenment

### Short Answer Key

1. The Four Noble Truths are the foundation of Buddhist philosophy. They acknowledge the existence of suffering (dukkha), identify its cause as attachment and desire, offer the possibility of ending suffering, and provide the Eightfold Path as the way to achieve that. They help Buddhists understand the nature of human existence and the path to liberation.
2. One of the principles of the Eightfold Path is "Right Speech." It guides individuals to speak truthfully, kindly, and without causing harm. This means avoiding lies, gossip, harsh words, and divisive speech. Practicing Right Speech fosters positive communication and helps build good relationships.
3. The purpose of making offerings in Buddhist rituals is to show respect and gratitude to the Buddha and other revered figures, as well as to generate merit and cultivate generosity. Common offerings include flowers, incense, candles, water, food, and symbolic items like fruit and rice.
4. Meditation plays a central role in a Buddhist's spiritual journey. It helps calm the mind, develop concentration, gain insight into the nature of reality, and cultivate mindfulness. Through meditation, practitioners can achieve a state of inner peace, reduce suffering, and work towards enlightenment.
5. One example of a predominantly Buddhist country outside of Asia is Sri Lanka.

