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| **Origins (Who/Where does it come from?)** | **God(s)/Where do they worship?** | **Holy Book** | **Main Beliefs** | **Daily Life/How did it Spread?** |
| -founded by Siddhartha Gautama, a former prince who decided to devote his life to helping people be free from suffering.  -became the Buddha or “Enlightened One” when he mediated under a tree and saw a morning star. | -the Buddha is respected and looked up to, but not a god.  -Buddhists usually worship in temples | -The Jataka Tales tell the stories of Buddha’s life as well as his teachings. | - all humans can be free from suffering if they are free from want. To become free from want, they must follow the Eightfold Path  -people should develop 3 qualities: wisdom, morality, meditation.  -GOAL=become Enlightened (reach a state of pure goodness)  **The Four Noble Truths**:   1. Everyone suffers. 2. Suffering is caused by wanting. 3. To end suffering, stop wanting. 4. To stop wanting, follow the Eightfold Path.   **The Eightfold Path**:   1. Right views 2. Right purpose 3. Right speech 4. Right behavior 5. Right means of livelihood 6. Right effort 7. Right mindfulness 8. Right concentration | -Buddhist monks dedicate their lives to their religion  -they live simply, dress simply  -they mediate and pray  -Buddhism spread through Buddha’s travels, trade routes such as The Silk Road, and through Emperor Ashoka who spread the teachings throughout his empire.  - missionaries-people who travel spreading religious ideas. |