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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. |