

Buddhism at a glance



Buddhism is a spiritual tradition that focuses on personal spiritual development and the attainment of a deep insight into the true nature of life.

Buddhism teaches that all life is interconnected, so compassion is natural and important.

- Buddhism is **2,500 years old**
- There are currently 376 million followers worldwide
- There are around 151, 816 **Buddhists in Britain** according to the 2001 census
- Buddhism arose as a result of **Siddhartha Gautama's** quest for Enlightenment in around the 6th Century BCE
- There is no belief in a personal God. It is not centred on the relationship between humanity and God
- Buddhists believe that nothing is fixed or permanent - change is always possible
- The two main Buddhist sects are **Theravada** Buddhism and **Mahayana** Buddhism, but there are **many more**
- Buddhism is a very colourful faith with many **festivals** throughout the year
- Buddhists can **worship** both at home or at a temple

The path to Enlightenment is through the practice and development of morality, **meditation** and wisdom.