

Question paper 1: Section 1 – World Religion**Candidate 1 – Buddhism (Question 1)**

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1.	<p>The five Precepts are a set of recommendations on how Buddhists should lead their lives. They are not strict rules but rather areas which should be avoided in order to lead a life of skillful action. The purpose of the Five Precepts is to eradicate areas of temptation and suffering from the life of Buddhists in order to put direct them on the end path to reaching Nibanna, i.e. enlightenment.</p> <p>"I undertake to abstain from taking life" is one of the Precepts which Buddhists must obey. The purpose of this could be interpreted to be to open the eyes of Buddhists to the interconnected</p>

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	<p>nature of all life in this world and to respect all of its existence. An implication of this is that Buddhists may become more compassionate towards others, recognising that we are all on the same journey together and we should all be valued.</p>
	<p>"I undertake to abstain from taking alcohol and drugs which cloud the mind" is another guideline which should be followed. The purpose of this is to eliminate craving i.e. Tanha, as the temptation of impermanent experiences and pleasures ultimately directs Buddhists away from the end goal of the</p>

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	<p>Nibbana for they are leading a life which is unskillful, causing them to remain trapped in samsara and prevents them from reaching enlightenment. A consequence of this precept is that the Buddhist's minds are not dulled, they can open their eyes to the true nature of reality and utilize the ultra-conscious state of meditation effectively.</p>	
	<p>"Undertake to abstain from wrong speech" helps achieve the purpose of the five precepts also. A consequence from abstaining from wrong speech is that it encourages Buddhist to</p>	

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	<p>really consider the thoughts, actions and what is really important for in beginning to retire you retire words, you begin to retire your thoughts which eliminates many key issues for Buddhists. An implication of this is that in abstaining from wrong speech, you are being kind to others which generates good Karma as a result.</p>
	<p>The Dalai Lama said "be happy to change your goals, but never change your values" which really highlights how crucial the purpose of the Five Precepts is to the Buddhist faith.</p>