

## Candidate 1 evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1.a)	<p>Dukkha is the first of the four Noble truths, it means that all living beings <del>will</del> will and have faced suffering and that this is just a fact of life. Dukkha links with the other three Noble truths in the sense that Tanha (we suffer because we crave), Nirodha (there is a solution to suffering) and Magga (the solution is the <del>the</del> Noble eightfold path. The 4 Noble truths are thought to be the <sup>answers/solution</sup> <del>the</del> to stop all suffering in life.</p> <p>1.b) Dukkha may affect Buddhists because <del>it</del> in everyday life nowadays, everyone craves and wants something. An example</p>

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	<p>of this would be a Buddhist who wants to expand/develop their career and because they want something they don't have, they suffer. Buddhists are affected by Dukkha because it is normal and easy for them to crave things and so they suffer (links with 4 noble truths).</p>	
2.	<p>One way a Buddhist might meditate is through music. Buddhists often use bells and gongs during meditation. One reason a bell is used is because it represents the stilling of the mind as it rings out. Chanting is also used during meditation.</p>	

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	as a way to recite and memorize Buddhists texts. Meditation is used as a way to collect good kamma and <del>come closer to Nibbana</del> as a way to (for a better re-birth) come closer to Nibbana.
3.	Nibbana is the ultimate goal for Buddhists. Through a Buddhists life they act well by following the Buddha teachings eg. The Noble eightfold path (right speech action, view, intention, concentration, mindfulness ect... ) and the (or Five) If ten <sup>v</sup> precepts. Buddhists act and follow these they collect good kamma overtime which will ultimately result in a better re-birth or an escape

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	From the wheel of Samsara (Wheel of life) and into Nirvana
4.	One of the three Jewels is
	The Buddha. The Buddha was
	the first to reach enlighten-
	ment after meditating under
	a fig tree ( <sup>The</sup> Bodhi tree) for 49
	days. He found the way of
	<del>the</del> life (the middle way) and
	taught this to others. <sup>the</sup> his
	teachings are the Dhamma,
	and was taught to his
	followers (the sangha).
5.	The Buddha's teachings <del>are</del>
	<del>are</del> still relevant
	in the 21st Century. An
	example of this is the
	middle way which teaches
	to give life not too greedy



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	Overall the teachings of	
	the Buddhist are <del>harder</del>	
	still relevant in the 21st	
	century even though they	
	may be harder to follow	
	than before.	