Siddhartha Gautama was born in Lumbini, Nepal, around 563 BCE.

He was a prince of the Shakya clan before renouncing his royal life.

Siddhartha became known as the Buddha, meaning "the Awakened One."

He sought enlightenment by practicing asceticism for six years.

The Buddha attained enlightenment under the Bodhi tree in Bodh Gaya.

He discovered the Four Noble Truths, which are central to Buddhism.

The first truth identifies the existence of suffering in life.

The second truth attributes suffering to desire and attachment.

The third truth states that suffering can be overcome.

The fourth truth presents the Eightfold Path as the way to end suffering.

The Eightfold Path includes right understanding, thought, speech, action, livelihood, effort, mindfulness, and concentration.

The Buddha began teaching in the Deer Park at Sarnath.

The first sermon delivered by the Buddha is called the Dhammacakkappavattana Sutta.

The Sangha refers to the community of monks and nuns in Buddhism.

Women were allowed to join the monastic community under the Buddha's teachings.

The Buddha emphasized the importance of meditation for attaining enlightenment.

The Pali Canon is the oldest collection of Buddhist scriptures.

Buddhism spread throughout India during the Buddha's lifetime.

The Buddha died at the age of 80 in Kushinagar.

The concept of impermanence is a key teaching in Buddhism.

Karma in Buddhism refers to actions and their consequences.

The cycle of rebirth is known as samsara in Buddhist philosophy.

Nirvana is the ultimate goal in Buddhism, representing liberation from samsara.

Ashoka, the Mauryan emperor, converted to Buddhism in the 3rd century BCE.

Ashoka promoted Buddhism after the Kalinga War, which caused significant suffering.

He established edicts on pillars to promote Buddhist principles.

Ashoka sent missionaries to spread Buddhism to other countries.

The spread of Buddhism was aided by trade routes like the Silk Road.

Buddhism reached Central Asia and China through trade and cultural exchanges.

Theravada Buddhism is one of the oldest schools of Buddhism.

Mahayana Buddhism emerged later, emphasizing the bodhisattva ideal.

The bodhisattva is a being who seeks enlightenment for the sake of all beings.

Zen Buddhism focuses on direct experience and meditation.

Tibetan Buddhism incorporates unique rituals and beliefs.

The Dalai Lama is the spiritual leader of Tibetan Buddhism.

The Lotus Sutra is an important text in Mahayana Buddhism.

Mindfulness meditation has gained popularity in modern practices.

Buddhist teachings encourage compassion and loving-kindness.

The Three Jewels in Buddhism are the Buddha, Dharma, and Sangha.

The Buddhist calendar is based on the lunar cycle.

Vesak is the celebration of the Buddha's birth, enlightenment, and death.

Buddhists often use prayer flags to promote peace and compassion.

The practice of chanting is common in many Buddhist traditions.

Monastic life emphasizes discipline, simplicity, and meditation.

Buddhist art often features symbols like the lotus flower and dharma wheel.

The dharma wheel represents the teachings of the Buddha.

Zen gardens are designed for meditation and reflection.

The concept of non-self (anatta) is central to Buddhist philosophy.

Buddhists believe in cultivating positive qualities like patience and generosity.

The practice of metta involves extending loving-kindness to all beings.

The role of meditation in Buddhism can lead to profound insights.

The Tripitaka consists of three "baskets" of teachings in Buddhism.

The Vinaya Pitaka outlines monastic rules and conduct.

The Sutta Pitaka contains discourses attributed to the Buddha.

The Abhidhamma Pitaka explores philosophical and psychological aspects of Buddhism.

The idea of interconnectedness is a fundamental aspect of Buddhist thought.

The importance of ethical conduct is emphasized in Buddhist teachings.

Buddhist practices aim to cultivate wisdom and compassion.

The Four Immeasurables are loving-kindness, compassion, empathetic joy, and equanimity.

Buddhism continues to evolve and adapt in various cultures around the world.