

Mahavira and Buddha

Chapter 6: Mahavira and Buddha · Topic 1

Key Concept

Mahavira, the founder of Jainism, taught the importance of non-violence (ahimsa), truth, and self-discipline as paths to spiritual liberation.

Buddha (Siddhartha Gautama), the founder of Buddhism, taught the Four Noble Truths and the Eightfold Path as ways to overcome suffering.

Both Mahavira and Buddha lived around the 6th century BCE and rejected some existing religious practices of their time, seeking simpler spiritual paths.

Jainism and Buddhism spread across India and other parts of Asia, significantly influencing religious and philosophical thought for centuries.

Quick Revision Notes

- Mahavira founded Jainism.
- Mahavira taught non-violence, truth and self-discipline.
- Buddha founded Buddhism.
- Buddha taught the Four Noble Truths and Eightfold Path.
- Both lived around the 6th century BCE.
- Both rejected some existing religious practices.
- They sought simpler spiritual paths.
- Jainism and Buddhism spread across Asia.

Practice Questions

- 1 Research Mahavira's teachings.
- 2 Research Buddha's Four Noble Truths.
- 3 Discuss what non-violence (ahimsa) means.
- 4 Explain the Eightfold Path simply.
- 5 Discuss why these teachings appealed to people.
- 6 Create a timeline showing Mahavira and Buddha's era.