

Section 3: The Beginnings of Buddhism
Ancient India**Section Quiz****A. Key Terms**

Directions: Read the statements below. If a statement is true, write T in the blank provided. If it is false, write F. Rewrite false statements on another sheet of paper to make them true.

- _____ 1. To meditate is to focus the mind inward in order to find spiritual awareness or relaxation.
- _____ 2. Missionaries are people who spread their religious beliefs to others.
- _____ 3. Nirvana is a condition of endless suffering.

B. Main Ideas

Directions: Write the letter of the correct answer in each blank.

- _____ 4. Meditation was a practice developed by
a. Gautama. c. early Egyptians.
b. ancient Hindus. d. the practice of yoga.
- _____ 5. Before becoming "The Enlightened One," Gautama was a
a. priest. c. farmer.
b. prince. d. soldier.
- _____ 6. Gautama taught that a person could become free from suffering by
a. pretending that it did not exist. c. giving up selfish desires.
b. changing the form of government. d. realizing that it could not be prevented.
- _____ 7. What is the Middle Way?
a. a path through the Himalaya Mountains c. the Eightfold Path to nirvana
b. another word for the Indus River d. the endless wheel of reincarnation
- _____ 8. Which of the following statements best describes the teachings of Buddha?
a. They have spread to many parts of Asia. c. They remain strongest in India where Siddhartha lived.
b. They died out shortly after Buddha himself died. d. They attracted few followers.