

# Buddhism: Core Teachings and Traditions

Religion · Practice Test · 28 Questions

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## 1. Who was Siddhartha Gautama before he became known as the Buddha?

- A) A farmer
- B) A prince
- C) A merchant
- D) A monk

## 2. What does the title "Buddha" mean?

- A) The Wise One
- B) The Awakened One
- C) The Compassionate One
- D) The Enlightened One

## 3. Which of the following is NOT one of the Four Noble Truths?

- A) Life involves suffering.
- B) Suffering is caused by craving and attachment.
- C) Suffering is inevitable and cannot be ended.
- D) There is a path leading to the end of suffering.

## 4. What does "Dukkha" refer to in Buddhism?

- A) Joyful experiences
- B) Spiritual enlightenment
- C) Inherent dissatisfaction in life
- D) Eternal bliss

## 5. The Eightfold Path provides guidance for what?

- A) Achieving wealth
- B) Overcoming suffering
- C) Gaining political power
- D) Eternal youth

## 6. Which of these is NOT part of the Eightfold Path mentioned in the text?

- A) Right intention
- B) Right livelihood
- C) Right wealth
- D) Right mindfulness

**7. What is Nirvana in Buddhist teachings?**

- A) A heavenly realm
- B) The cycle of rebirth
- C) The complete cessation of suffering
- D) A state of constant meditation

**8. The concept of "Anicca" in Buddhism relates to what?**

- A) Eternal happiness
- B) The permanence of things
- C) Impermanence
- D) The nature of suffering

**9. Attachment to temporary things leads to what, according to Buddhism?**

- A) Enlightenment
- B) Nirvana
- C) Suffering
- D) Liberation

**10. What is the primary focus of the Theravada tradition?**

- A) Helping others achieve enlightenment
- B) The Bodhisattva ideal
- C) Personal enlightenment through discipline
- D) Universal salvation

**11. The "Arhat ideal" is associated with which Buddhist tradition?**

- A) Mahayana
- B) Theravada
- C) Vajrayana
- D) Zen Buddhism

**12. What is the "Bodhisattva ideal" emphasized in Mahayana Buddhism?**

- A) Seeking personal enlightenment as quickly as possible
- B) Accumulating personal wealth
- C) Postponing final enlightenment to help others
- D) Achieving worldly success

**13. Siddhartha Gautama sought truth about what?**

- A) The nature of the universe
- B) Human suffering
- C) The meaning of life
- D) The afterlife

**14. What is the state achieved after years of meditation and spiritual discipline by Siddhartha Gautama?**

- A) Enlightenment
- B) Renunciation
- C) Attachment
- D) Dukkha

**15. Craving and attachment are identified as the cause of what in Buddhism?**

- A) Happiness
- B) Wisdom
- C) Suffering
- D) Liberation

**16. Which of the following is included in the meaning of Dukkha?**

- A) Only physical pain
- B) Emotional struggles and impermanence
- C) Eternal worldly pleasures
- D) The attainment of Nirvana

**17. The Eightfold Path promotes ethical conduct, mental discipline, and what else?**

- A) Material wealth
- B) Political power
- C) Wisdom
- D) Social status

**18. Nirvana represents the extinction of craving and what else?**

- A) Compassion
- B) Attachment
- C) Ignorance
- D) Meditation

**19. What is the ultimate spiritual state where the cycle of rebirth ends?**

- A) Dukkha
- B) Anicca
- C) Nirvana
- D) The Eightfold Path

**20. All conditioned things are described as what in Buddhism?**

- A) Permanent
- B) Impermanent
- C) Eternal
- D) Unchanging

**21. Which Buddhist tradition emphasizes the Bodhisattva ideal?**

- A) Theravada
- B) Mahayana
- C) Vajrayana
- D) Shinto

**22. A practitioner seeking personal enlightenment through discipline and meditation is the focus of which tradition?**

- A) Mahayana
- B) Theravada
- C) Confucianism
- D) Taoism

**23. What does the Bodhisattva postpone to help other beings achieve liberation?**

- A) Their livelihood
- B) Their meditation practice
- C) Final enlightenment
- D) Their worldly possessions

**24. Siddhartha Gautama renounced his life in search of truth about what?**

- A) Spiritual enlightenment
- B) Worldly pleasures
- C) Human suffering
- D) The nature of reality

**25. The foundation of Buddhist teaching is summarized in which concept?**

- A) The Eightfold Path
- B) Nirvana
- C) The Four Noble Truths
- D) Anicca

**26. What is a characteristic of "Dukkha"?**

- A) Temporary worldly pleasures
- B) The inherent dissatisfaction in life
- C) The end of suffering
- D) Spiritual discipline

**27. The Eightfold Path includes elements like right understanding, intention, and what else?**

- A) Right wealth
- B) Right leisure
- C) Right speech
- D) Right ambition

**28. What is the ultimate spiritual goal in Buddhism, representing the end of suffering?**

- A) Dukkha
- B) Anicca
- C) The Eightfold Path
- D) Nirvana