

- Buddhism was started by a man named Siddhartha Gautama, nearly 2,500 years ago.
- Buddhism teaches that there is no god, but Buddhists worship many idols and statues.
- The Buddhist's goal is "enlightenment" – a state of peace and ultimate wisdom.
- Buddhists believe a person can reach enlightenment through strict discipline, study and by performing good works.
- Buddhists often mix their beliefs with different religions and cultures.
- Many are also animists, which means they believe spirits inhabit the natural world like trees and rivers.

