

Who is the Buddha?

Learn together, one small step.



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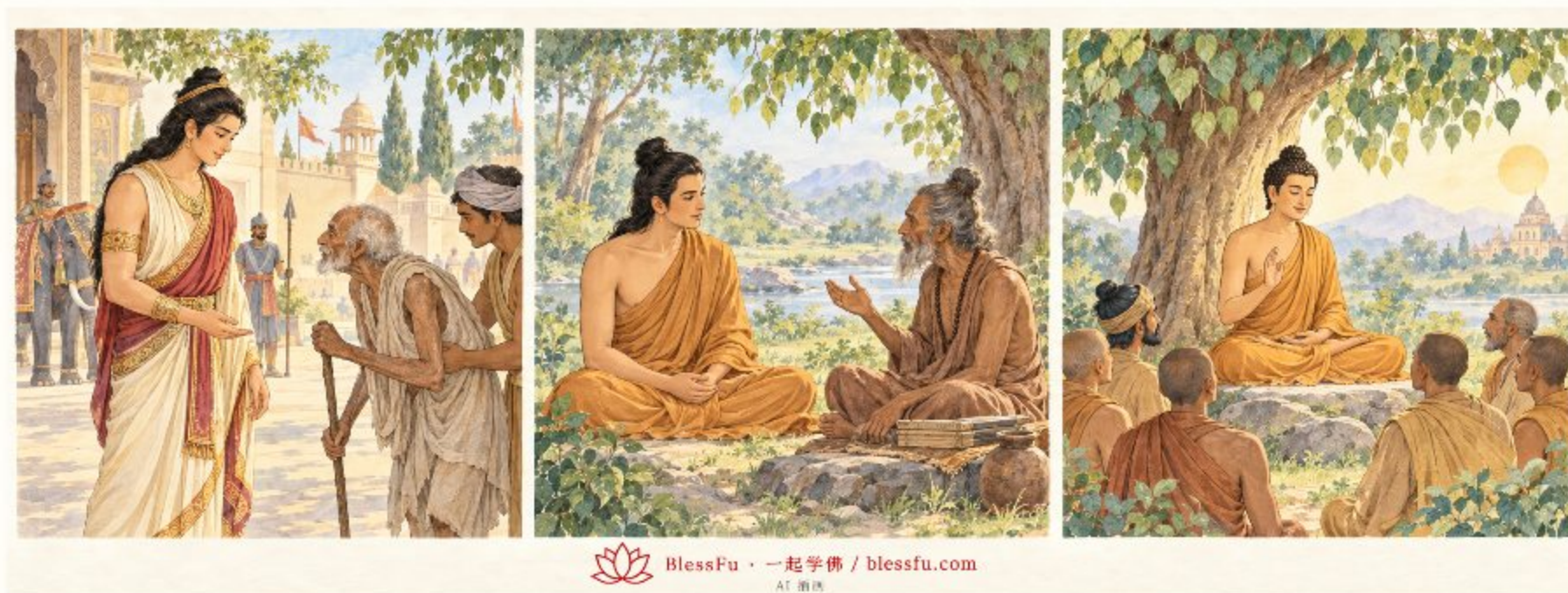
Look closely

When you really want to understand something, how do you look for an answer?



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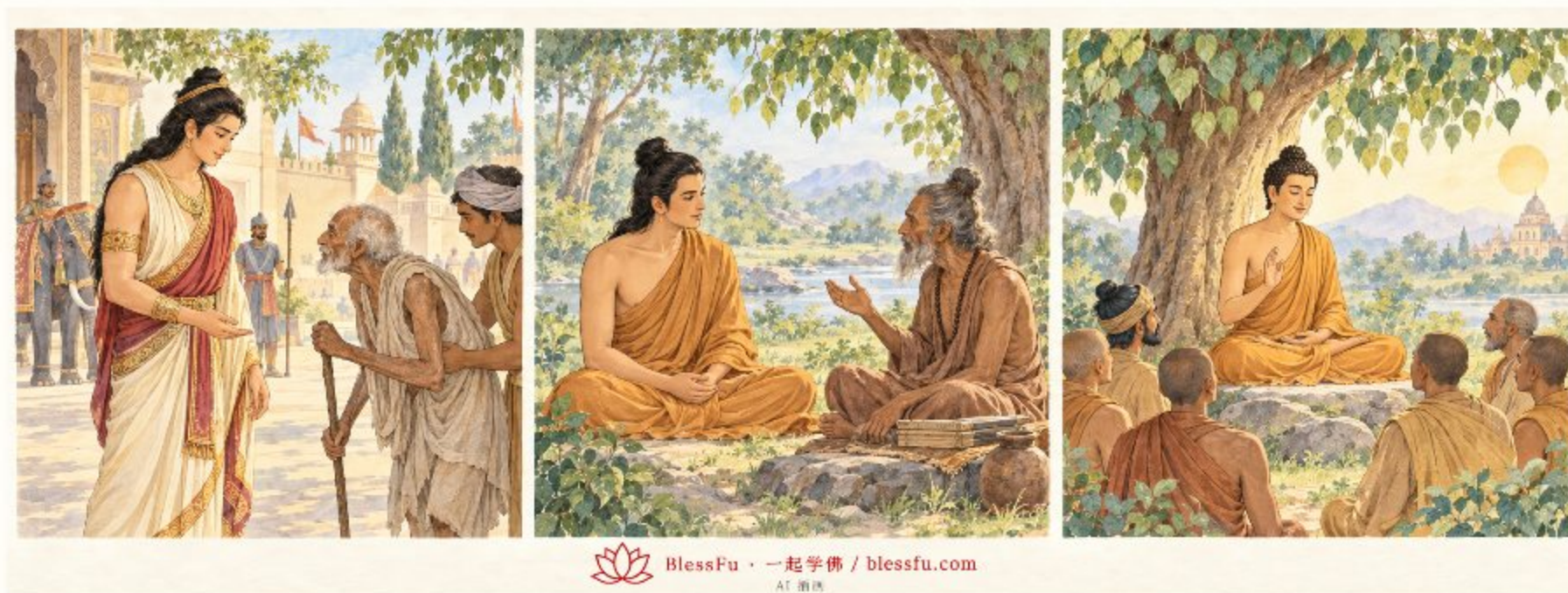
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Long ago in ancient India, a person named Siddhartha lived in comfort. Traditional accounts tell how he became deeply concerned about aging, illness and death. A comfortable life could not make these questions disappear.

Pause and ask: Can a comfortable life solve every problem? Listen to one example.

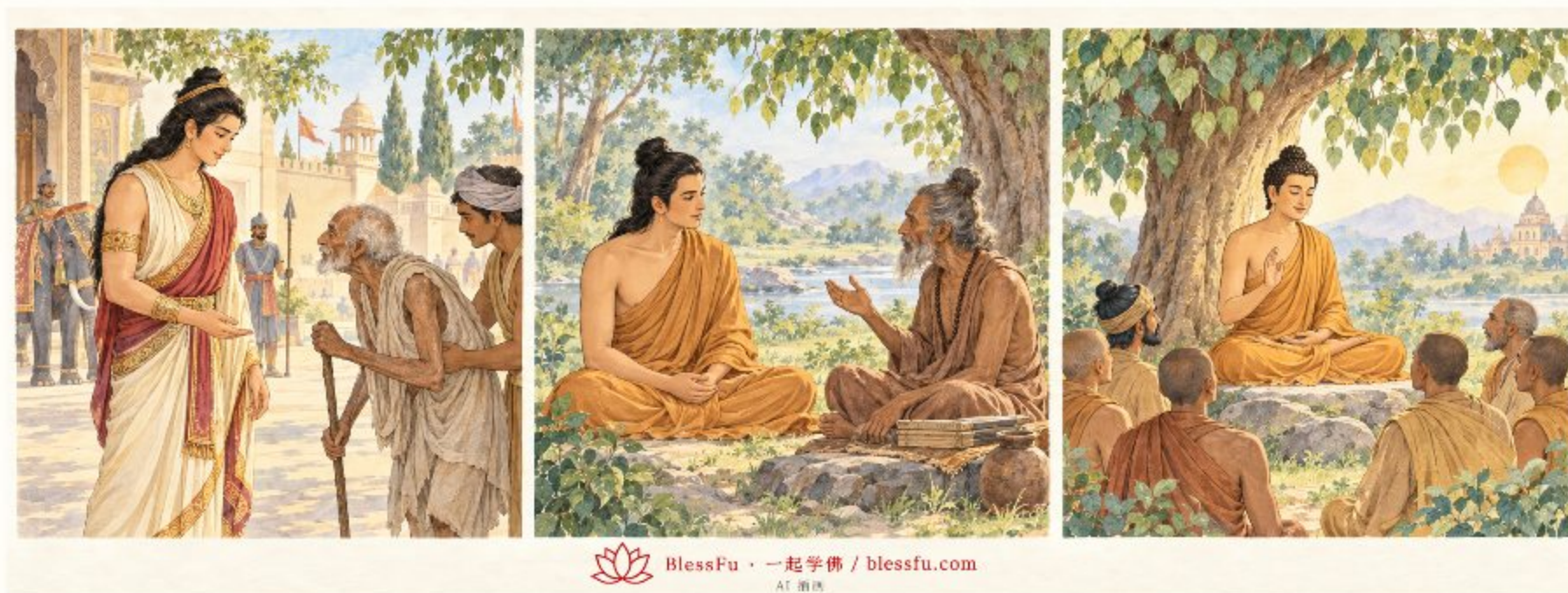
Story 2 / 3



He left his familiar life, learned from teachers and practised. After trying extreme hardship, he stopped harming his body and continued his search. Buddhist tradition says he awakened beneath the bodhi tree and became known as the Buddha.

Pause and ask: Who can help us learn? It is okay not to know.

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He then taught about suffering, its causes and the path to its ending. We can begin learning too, with a small question: how can we bring less hurt into our lives and the lives of others?

Pause and ask: How could you share something useful you learn?

A Buddhist idea

The Buddha taught a path out of suffering. We begin by asking thoughtful questions.



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Talk together

Why did Siddhartha still have questions when his life was comfortable?

What could you do when you do not know an answer?



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Try an activity

Put the events in order:
notice, seek, awaken, teach.



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For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

