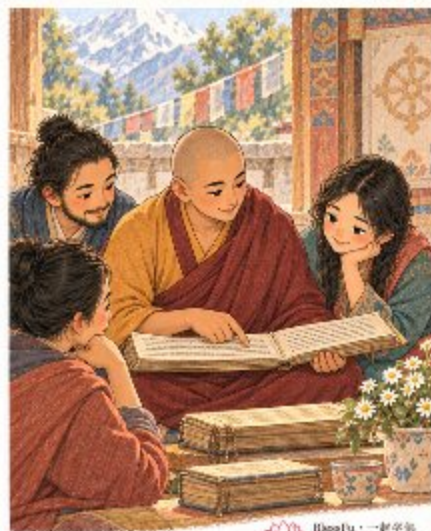
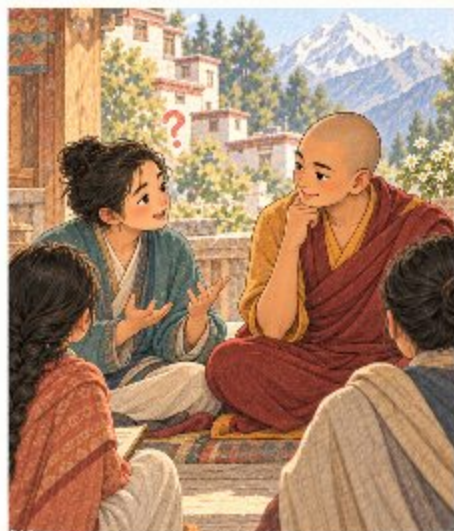
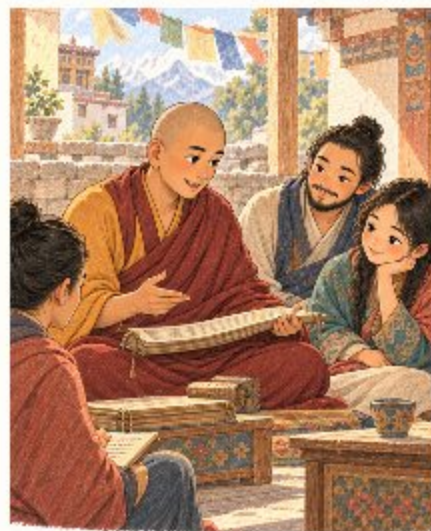


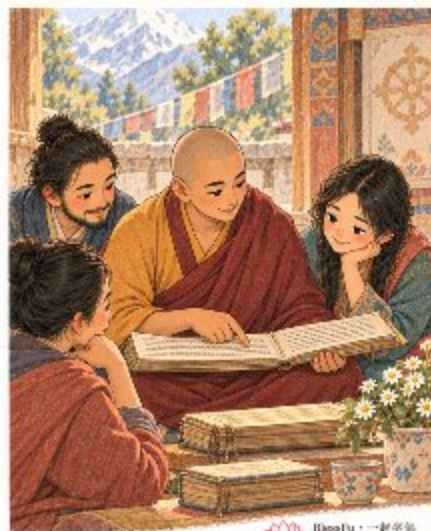
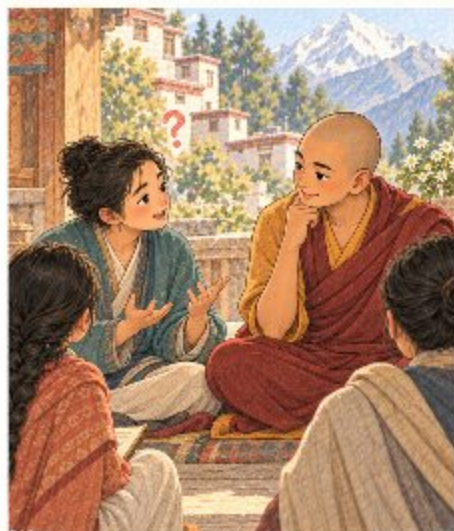
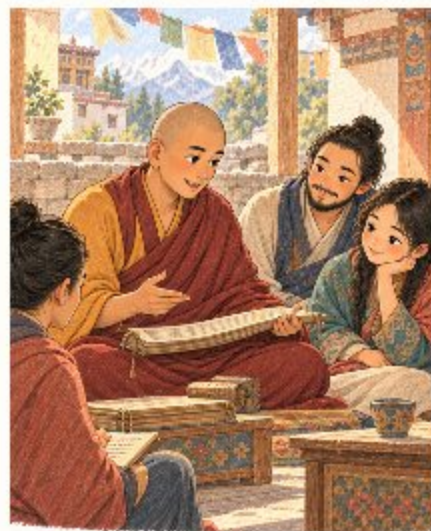
Atisha: Learning with Humility

Learn together, one small step.

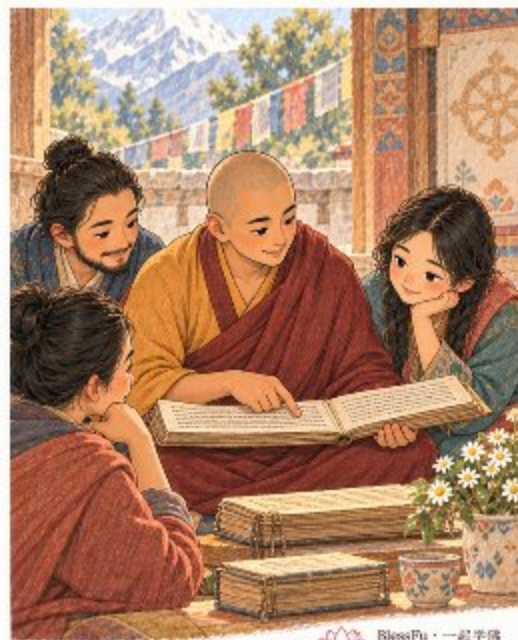
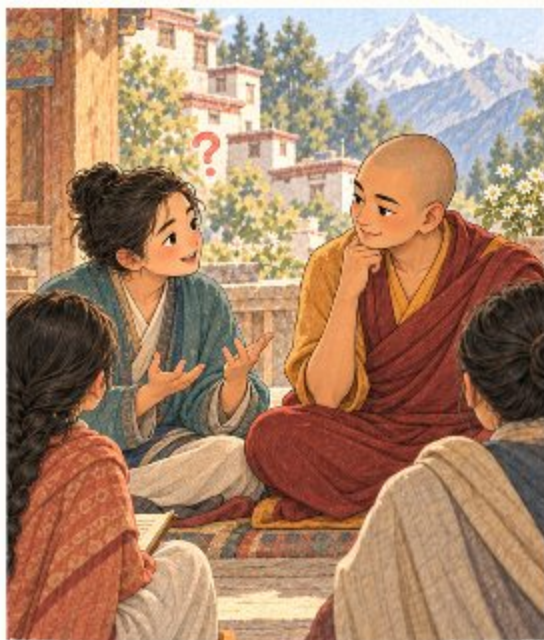
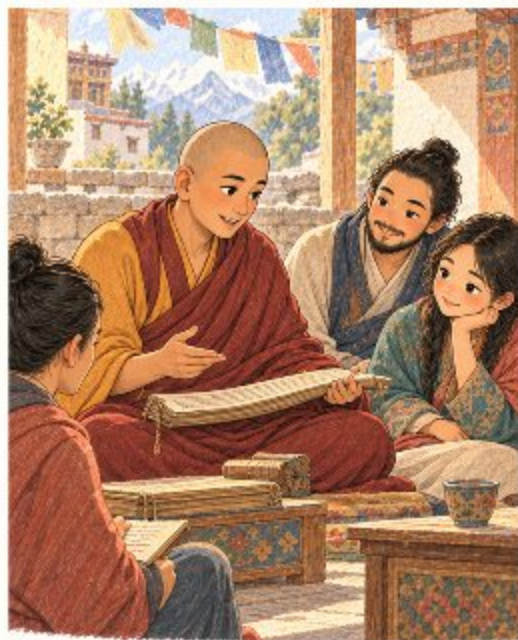


Look closely

Can someone who knows a lot say, "I still need to learn this" ?



Story 1 / 3

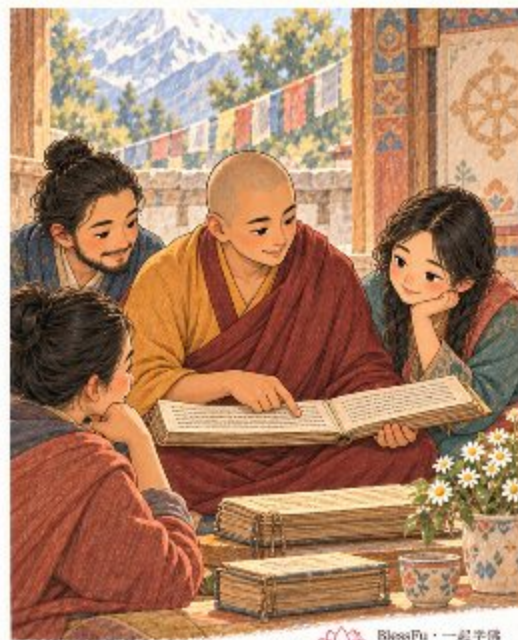
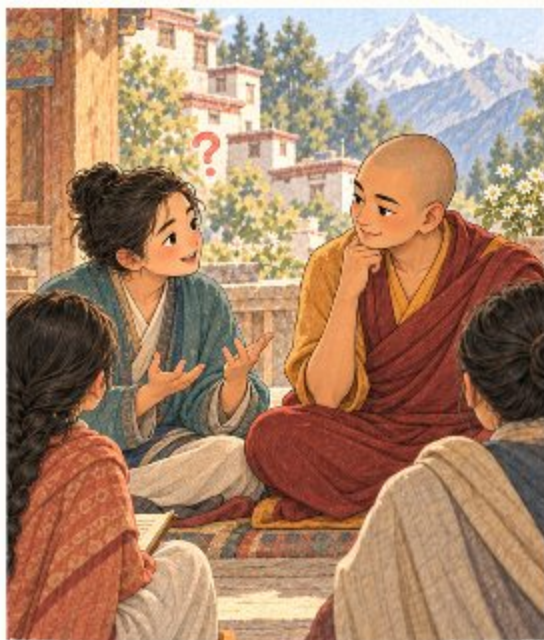
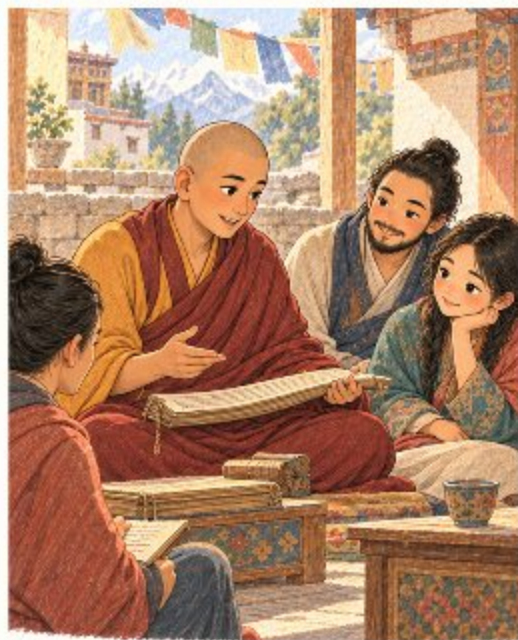


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Atisha was a Buddhist teacher from India who later taught in Tibet. His teaching influenced the Kadam tradition. Look at the teacher and students gathered around a manuscript. These are imagined learning scenes, not records of a particular meeting.

Pause and ask: Can an imagined picture prove that a meeting happened?

Story 2 / 3

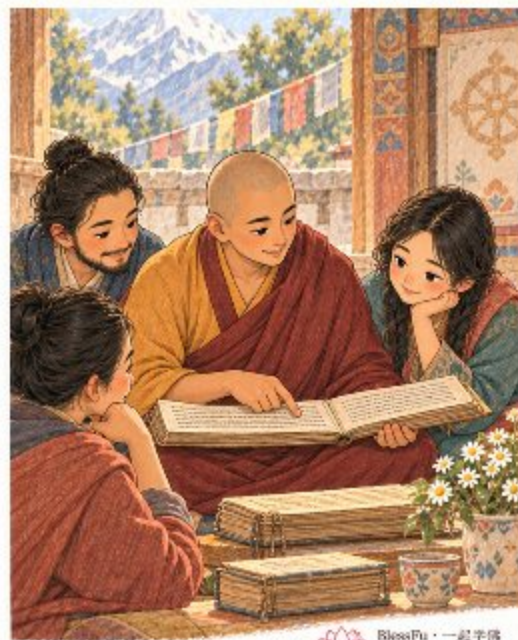
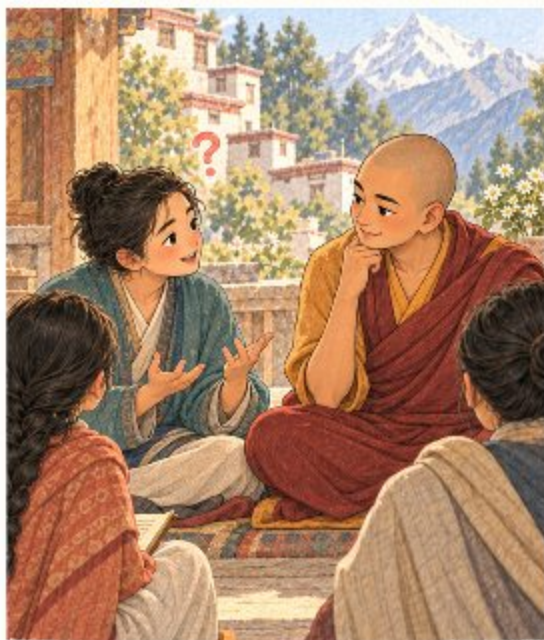
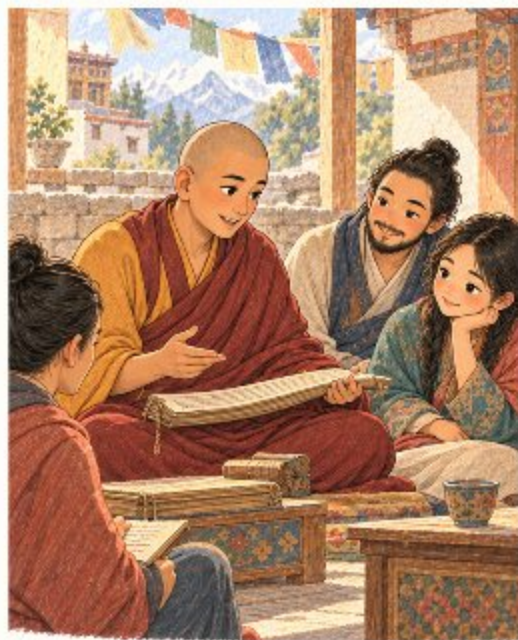


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Advice attributed to Atisha encourages setting aside arrogance, respecting capable and learned people, and caring for people in difficulty. If we only say, 'I know it all,' will we hear anything new? Humility can make room for listening.

Pause and ask: What might “I know it all” make us miss?

Story 3 / 3



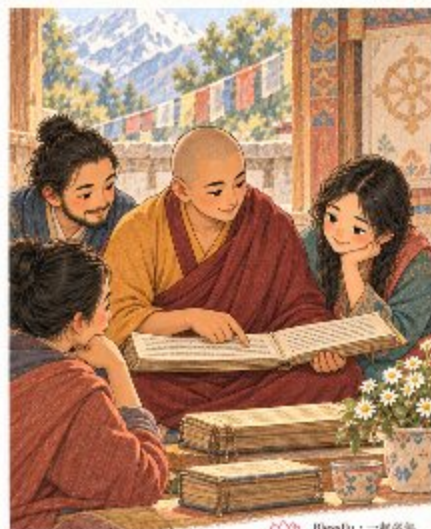
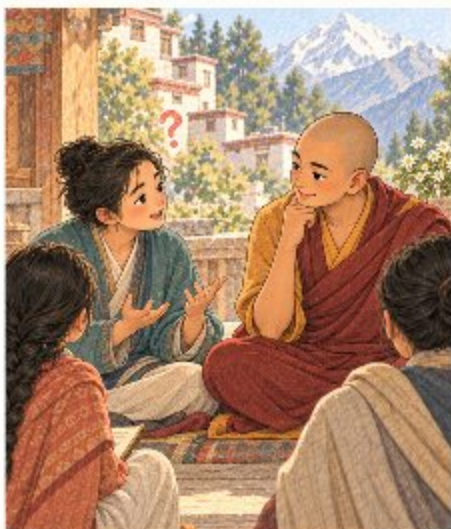
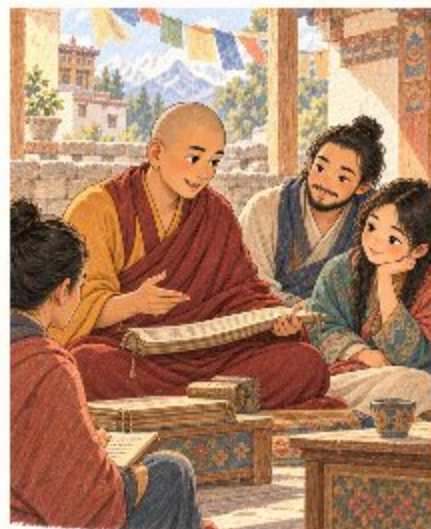
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Now bring that attitude into everyday life. When folding paper, try: 'I did not understand this fold. Please go slowly.' Correct yourself when you discover a mistake. Share what you know patiently. Humility means being willing to learn, without calling yourself worthless.

Pause and ask: How could you ask about a step you do not understand?

A Buddhist idea

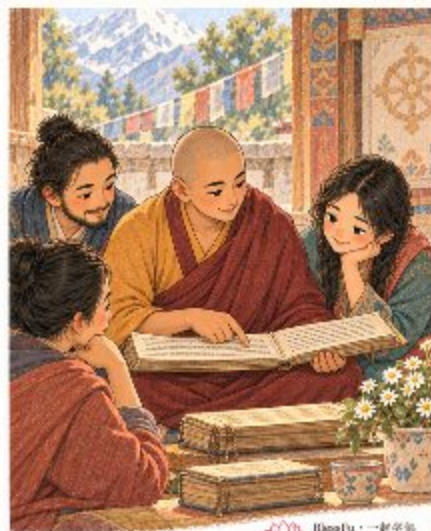
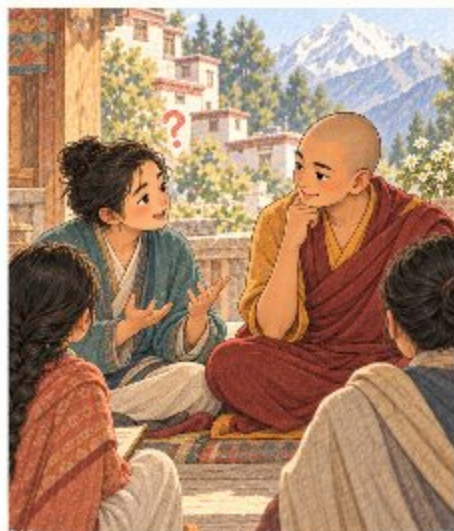
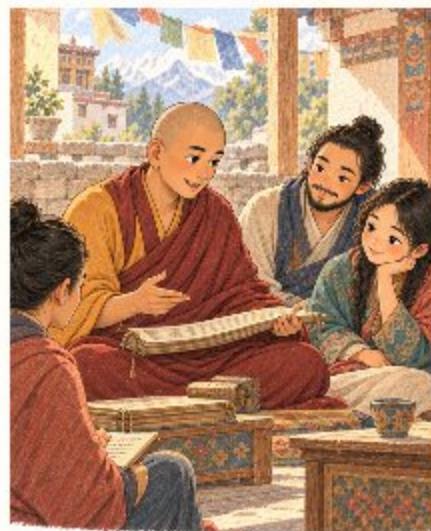
Humility makes room to learn
and to value ourselves.



Talk together

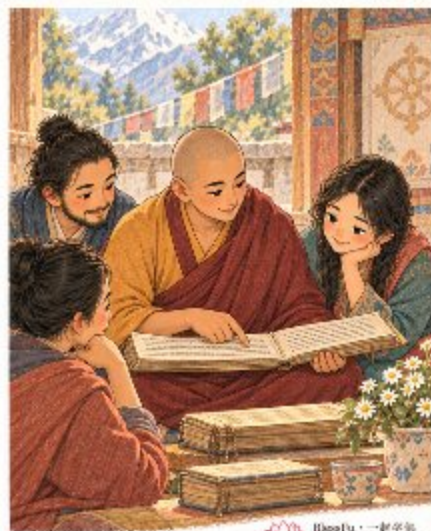
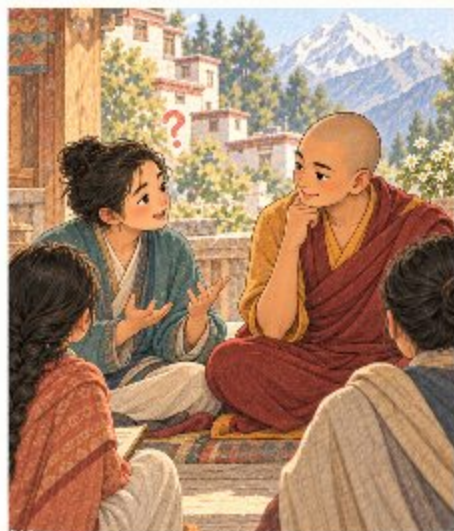
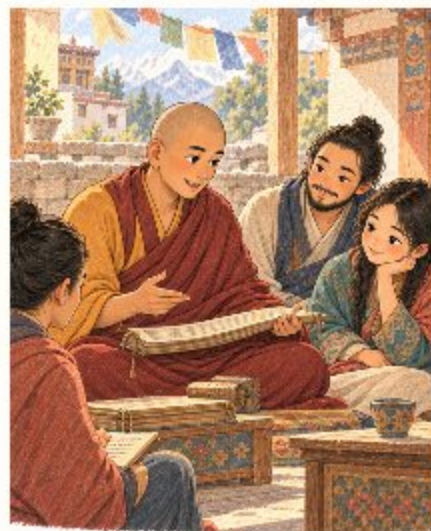
How does “I cannot do this yet” differ from “I am no good at anything” ?

After learning something, how could you help another person?



Try an activity

Draw something you know and something to learn.



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.

