

Task:

1. In your groups, read “A Story of Buddha.”
2. As you read, sketch a summary of each numbered paragraph in the corresponding box. (a summary of paragraph 1, for instance, should be sketched in box 1).

What's the point?
1. So you can understand Buddhism's origin in a glance, instead of a huge page.

What's the point?
3. It's fun for me.

What's the point?
Be sure you're reading carefully & correctly.

You have 15 minutes! Make sure it's stamped when you're done!

Buddha's Four Noble Truths

1. All life is full of suffering.

2. Suffering is caused by desire.

This desire can be not only for long life, wealth, and power, but also for ideas, opinions, and beliefs. Being attached to these things makes us unhappy, because none of them last forever.

3. To end suffering, we must end desire.

4. We must follow the Eightfold Path.

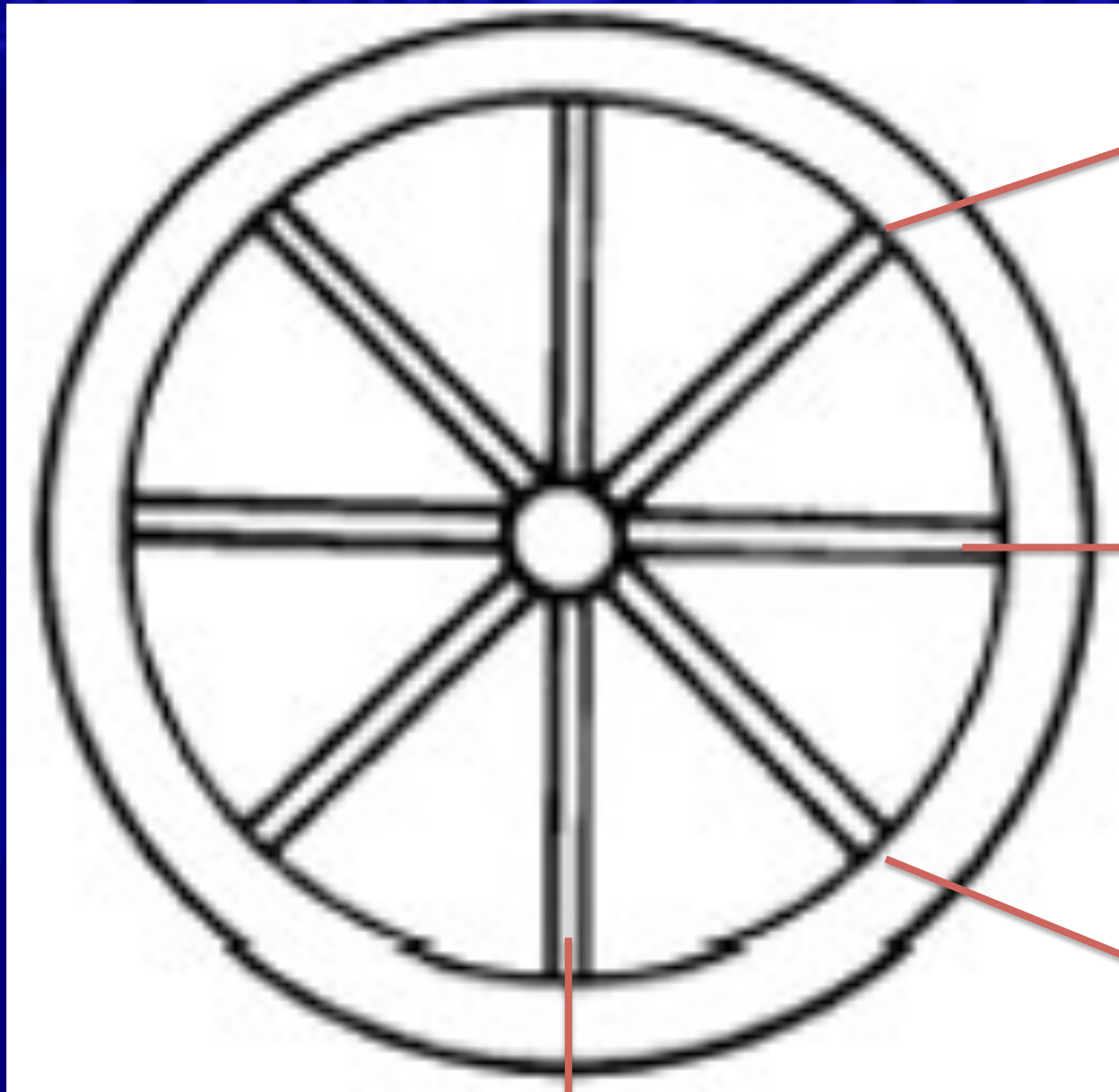
What are different ways people suffer?

How can attachment cause suffering?

How can ignorance cause suffering?

What can you do to end your own suffering?

The Eightfold Path



Right View

Right intention

Right action

Right speech



The Eightfold Path

Right concentration

Right
mindfulness

Right
effort

Right
Livelihood

