

The Enlightenment of the Buddha

Teachers' Notes

Some suggested discussions and activities for your class.

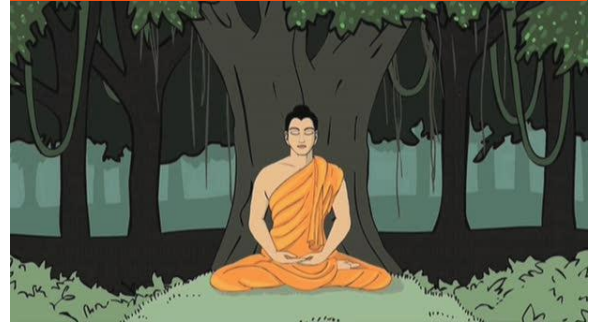
Discussion Questions:

- What does it mean to be “enlightened?”
 - The Buddha realised that the answer to suffering was to stop wanting. Would you feel happier if you stopped wanting things: possessions, ambitions, popularity, a luxurious lifestyle? Why or why not?
 - Mara says that there is “no point to life: all that happens is that you get old, get ill and die”. What gives meaning to people’s lives? What gives meaning to *your* life?!
 - Siddhartha was kept from seeing suffering so he did not feel the need for religion. Does religious faith help people to cope with suffering? Or do you think suffering drives people away from religion?
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Activities:

- Find out about the Three Universal Truths – Anicca, Anatta and Dukka, and how the Buddha’s Four Noble Truths deal with them.
- Investigate the Noble Eightfold Path. Write a list of the values you think are important in life.
- Now look at the Five Precepts: what rules would you make to help people keep the values you think are important?
- Try a meditation with your class! Various methods can be found online, try a breathing exercise, or a “guided meditation” that will get your students visualising a journey in their heads.

“And so the wheel turns...”



Key Words:

Siddhartha Gautama	The Five Precepts
Buddha	Ahimsa
Enlightenment	Anicca
The Four Noble Truths	Anatta
The Eightfold Path	Dukka

Notes:
