**Buddhism**

Directions: Please complete the reading guide below. If you need to look something up, please feel free to use the internet to help.

***Part I:*** Complete the following questions:

|  |  |
| --- | --- |
| **Questions** | **Answers** |
| Who was **Buddha**? |  |
| Why did **Gatama** leave the palace? |  |
| How did he **learn the truth about life**? |  |

***Part II:*** The Noble Truths:

|  |  |  |
| --- | --- | --- |
| Noble Truths | Main Points: explain each of the main points (you can use bullet points) | Image: (choose a picture of what that looks like in real life) |
| First Noble Truth |  |  |
| Second Noble Truth |  |  |
| Third Noble Truth |  |  |
| Fourth Noble Truth |  |  |

***Part II:*** Do some reflecting - no one other than you will read this reflection if you choose. What do each of these elements look like in your life?

|  |
| --- |
| 1. What is **suffering**?   2. What is a **self-centered desire** in your life?  3. How can you **get rid of** self-centered desires?  4. How does the **Middle Path help you** accomplish this process? Address **moral discipline, mental discipline, and wisdom.** |

***Part III:*** *The Eightfold Path*. Fill the pyramid in with your own personal examples. No one other than you will read these if you so choose.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Step 1--Knowledge: (How do you educate yourself through learning and growing in school)   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Step 2--Your purpose in life: (What do you want to accomplish in life?)   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Step 3: Speech (How you communicate with others?)   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Step 4: Action (Do your actions reflect who you are?) Is it positive?   |  |  |  |  | | --- | --- | --- | --- | | Step 5: Living (Do you take care of your mind, body and soul?) Explain.   |  |  |  | | --- | --- | --- | | Step 6: Effort (How do you know you are making your best effort?)   |  |  | | --- | --- | | Step 7: Mindfulness (How can you be respectful to people, place, environment and culture?)   |  | | --- | | Step 8: Meditation (How do you reflect on your daily activities and life?)  *(Write step 8 here)* |   *(Write step 7 here)* |   *(Write step 6 here)* |   (*Write step 5 here)* |   *(Write step 4 here)* |   *Write step 3 here)* |   (*Write step 2 here)* |   *(Write step 1 here)* |

***Part IV:*** Take some time to reflect on this reading.Answer the question in the box below and set a goal to achieve all eight steps

|  |
| --- |
| 1. Which of the Steps above do you think you have achieved successfully so far?   2. What Step do you want to tackle next?  3. Create a list of actions you would take to reach all 8 steps: |