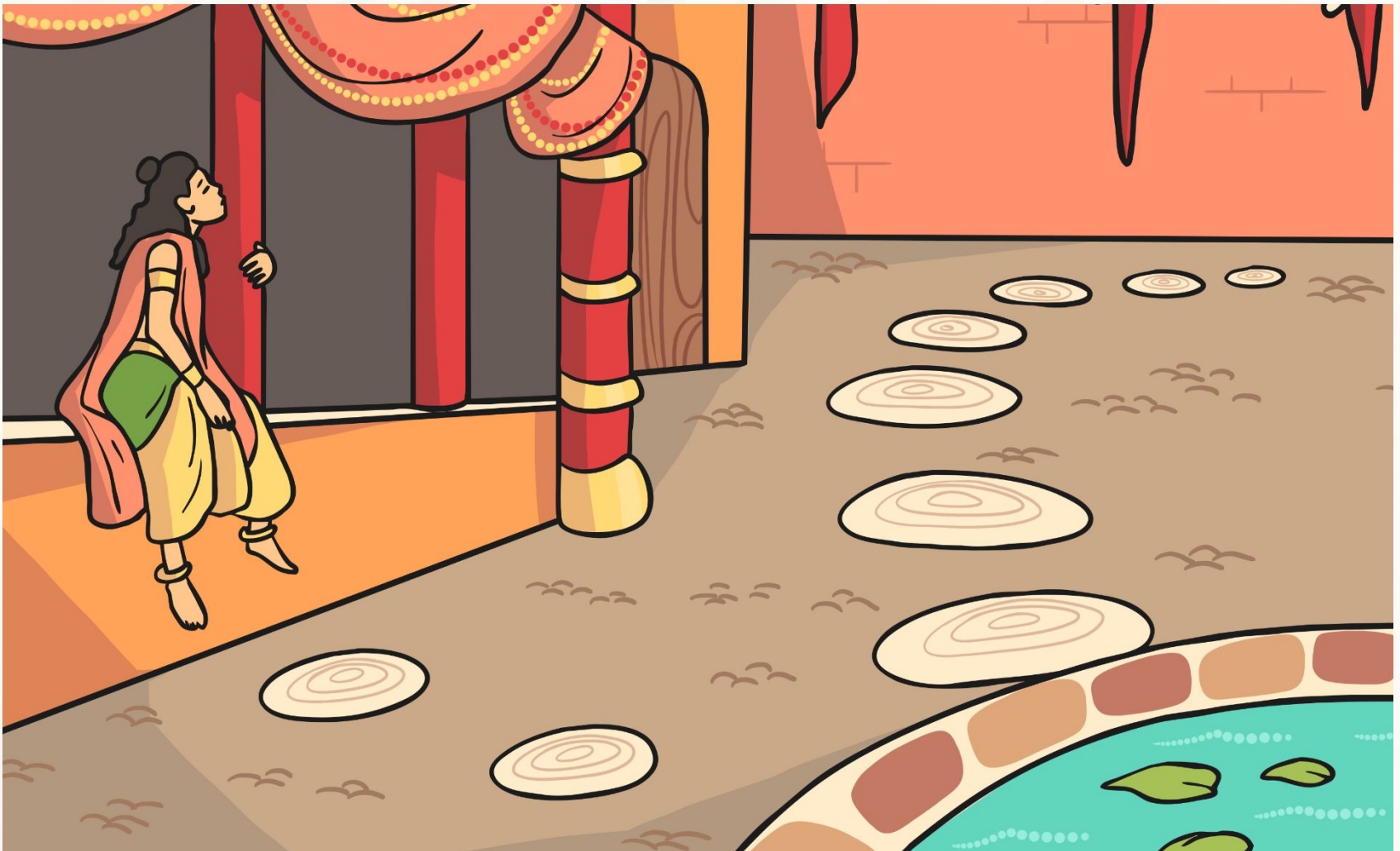


# The Story of the Buddha





Siddhartha Gautama was born into a royal family in Nepal and for many years lived within the palace walls, away from the sufferings of life such as old age, illness and death.





Eventually he married, had children and decided it was time to go outside the palace to see what was on the other side. He witnessed an old man, a sick man and the corpse of a dead man.



Next, Siddhartha saw a holy man dressed in rags with only a begging bowl in his hand. Despite owning nothing but the bowl, he looked so calm and at peace. He pondered how a man with nothing could be so content.



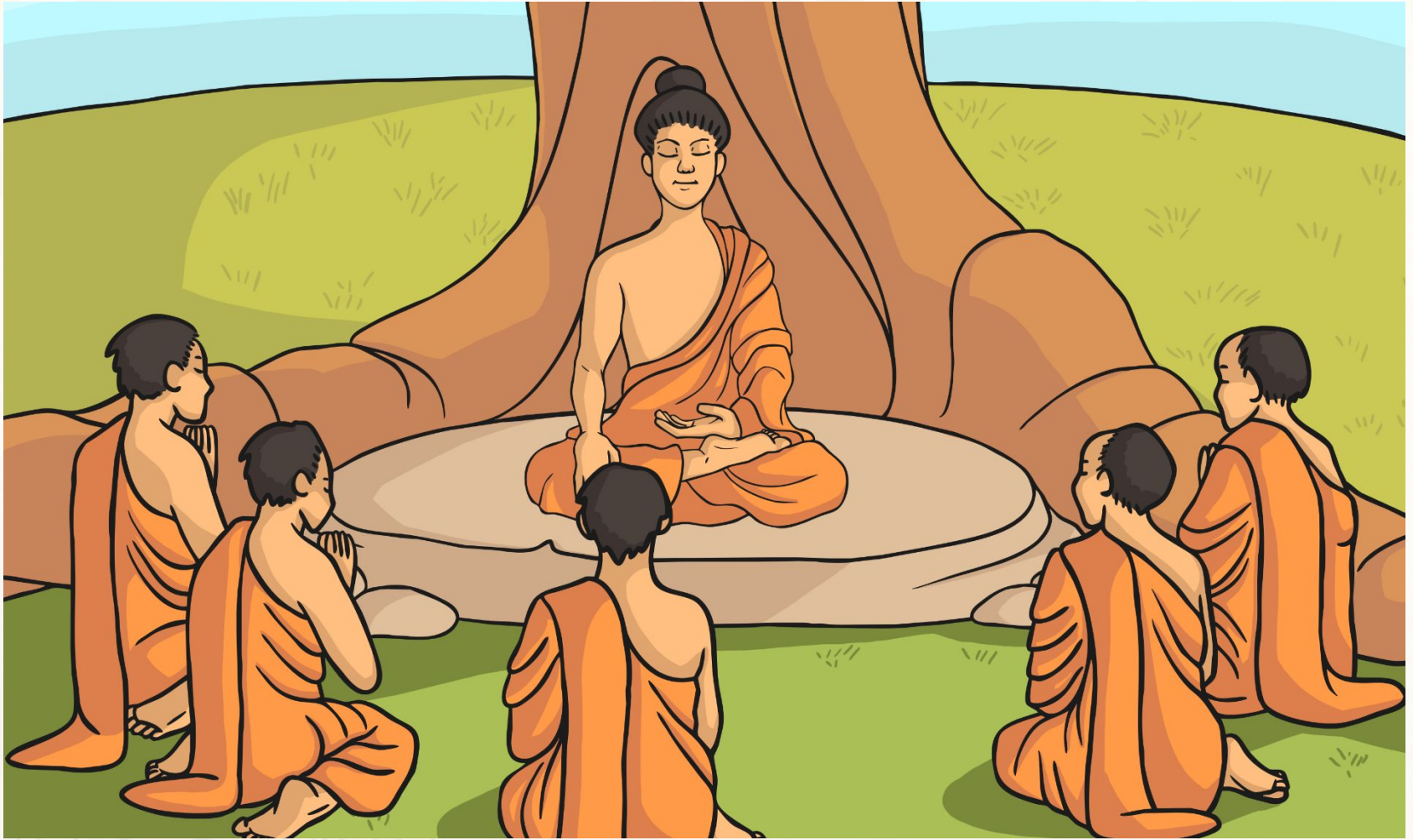


These four sights were a turning point for Siddhartha. He wanted to know if there was more to life than sickness, old age and death so he decided to leave his riches behind and go and find out for himself.

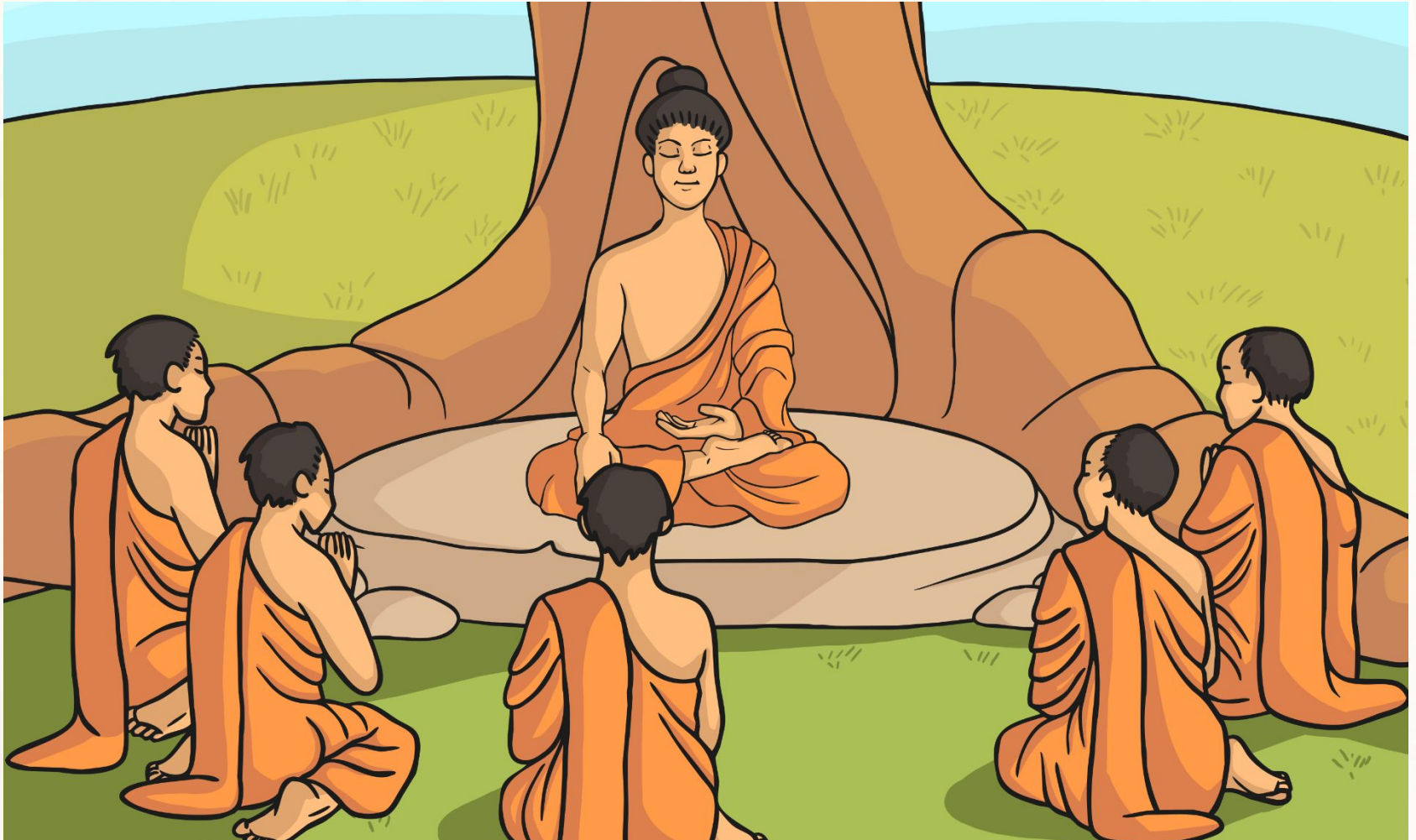


Dressed as a monk, he went to meditate under a Bodhi tree and promised himself that he would realise there was a way for people to end their pain and suffering. Within this moment, he became wise and enlightened. The insights he saw when he left the palace.





He began to teach people about what he had realised and people began to call him Buddha or 'teacher'. He taught them the Four Noble Truths.



The first Noble Truth is that suffering exists. We all experience suffering in one form or another. The second Noble Truth is that suffering has a cause. The third Noble Truth is that suffering can be ended. The fourth Noble Truth is that there is a path to the end of suffering. This path is the Noble Eightfold Path.



