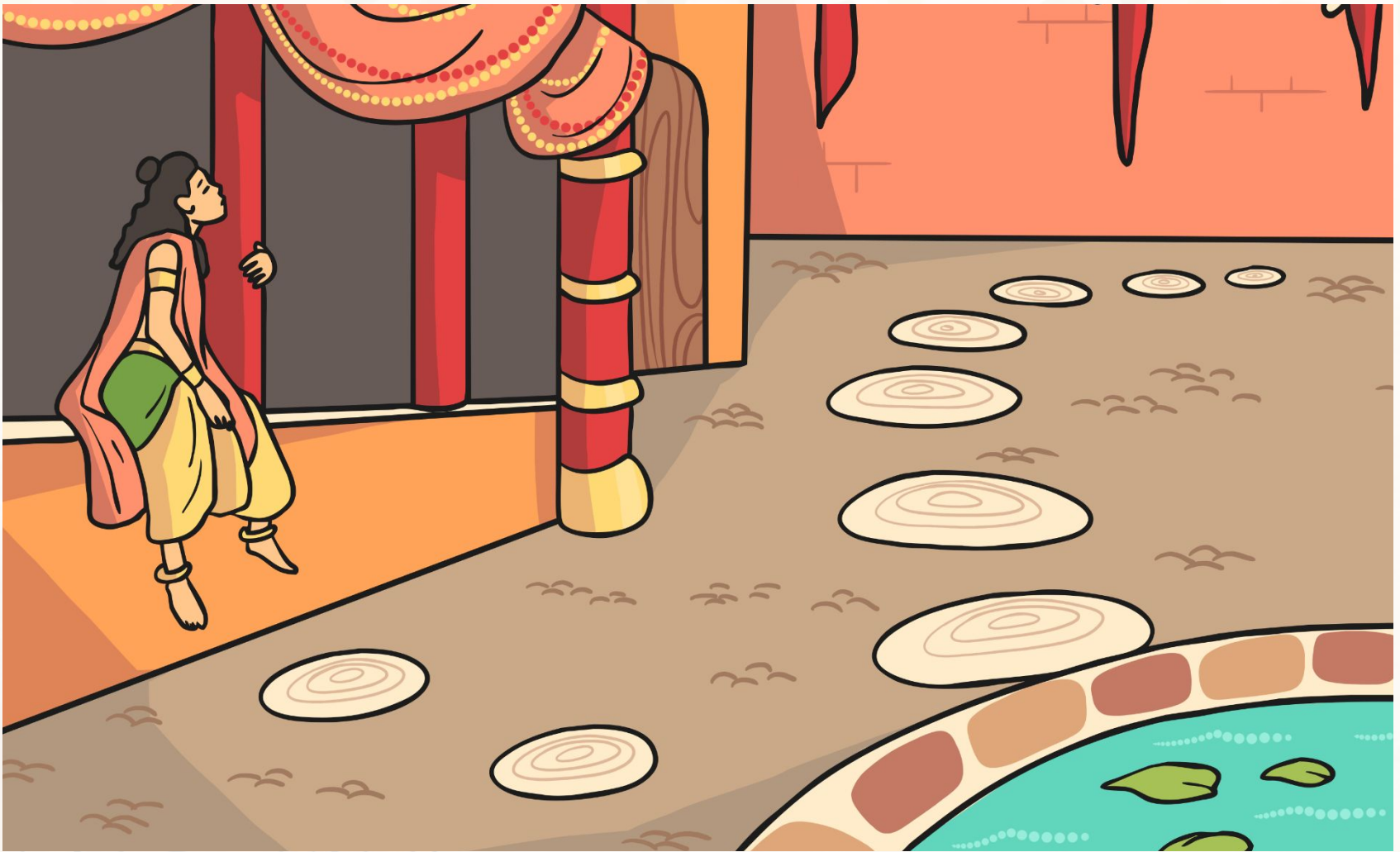


# The Story of the Buddha





Siddhartha Gautama was born into a royal family in Nepal and for many years he had not seen the outside world, so he did not know 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 was very worried by what he saw and learned that sickness, age and death come to everyone, even if you are a wealthy person. He witnessed an old man, a sick man and the corpse of a dead man.



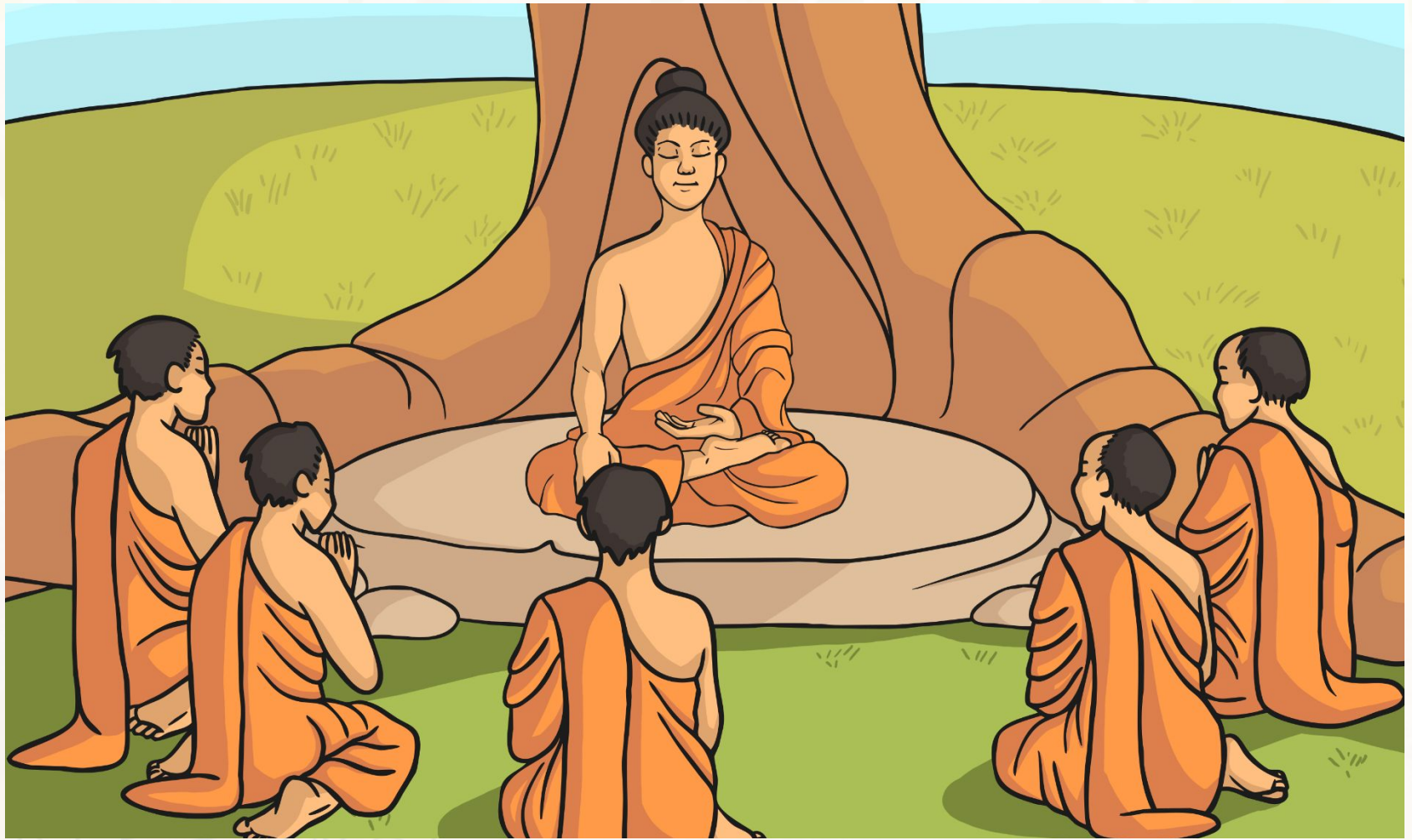
Next, Siddhartha saw a holy man dressed in rags with only a begging bowl in his hand. Despite owning nothing but the bowl, he looked so calm and at peace. He pondered how a man with nothing could be so content.



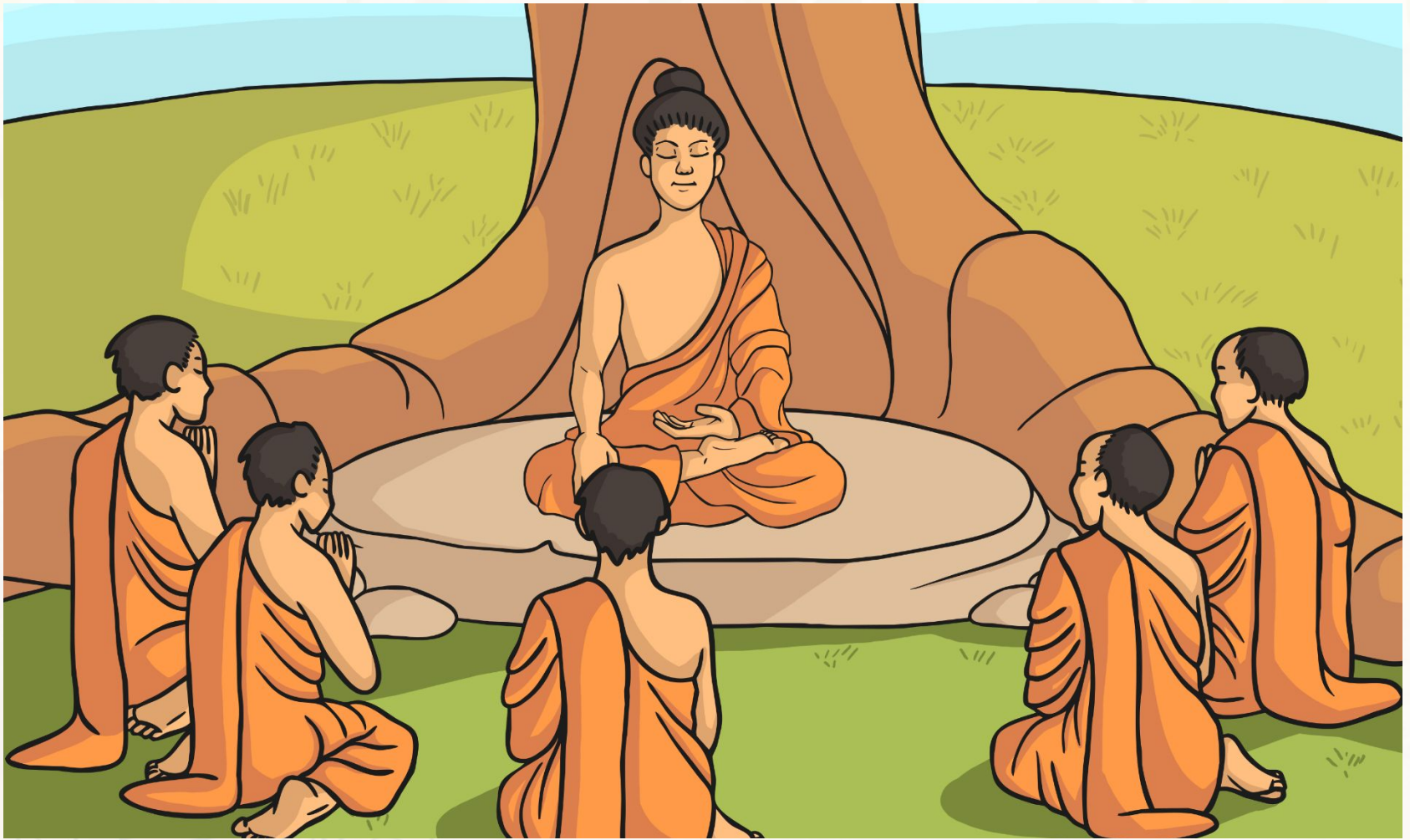
These four sights were a turning point for Siddhartha. He wanted to know if there was more to life than sickness, old age and death so he decided to leave his riches behind and go and find out for himself.



Dressed as a monk, he went to meditate under a Bodhi tree and promised  
After that, he realised there was a way for people to end their pain and  
suffering. With his thoughts, he became wise and enlightened. 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 this is possible, but the fact of suffering exists. We all have some struggle with this. Was able to explain the path (The Noble Eightfold Path) to be followed in the day to day to suffering.





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