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Buddhism - What does it mean to be enlightened?

Can we all be enlightened?

L.O: To understand the Four Noble Truths and how they can be related to everyday life.

This week we are going to be thinking about the big question "Can we all be enlightened?" To help us answer this question we are going to think back on Siddhartha's life.

When Siddhartha was young and lived in the palace he had so much of everything.

Did this make him happy?

Then when he left the palace he had too little. Was he happy?

Is there a middle path between having too much and too little?

- When **Siddhartha Gautama** first saw suffering he felt **confused, worried and ashamed** because he had never seen them before.
- He went and **meditated** for six years to try and understand why suffering happens.
- After six years he became **enlightened** and became known as '**Buddha**'.
- Buddha said there is suffering in the world because of the **four noble truths.....**

The four noble truths - watch the power point.

Zac's family go on holiday every year to Cornwall to visit their Grandma. Zac used to enjoy going on holiday here but now he thinks its stupid and doesn't like it. He wants to go to Florida like his other friends do at school.

How could thinking about the Four Noble Truths help Zac?

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Now think of something you crave or really want. Explain in writing why you want it so much. How can you stop yourself from craving it and what would be the benefits? Think about the Four Noble Truths to help you.

Can you think of things that some people may crave and how the Four Noble Truths could help them?

I am looking forward to seeing your work.

Mrs Cole.