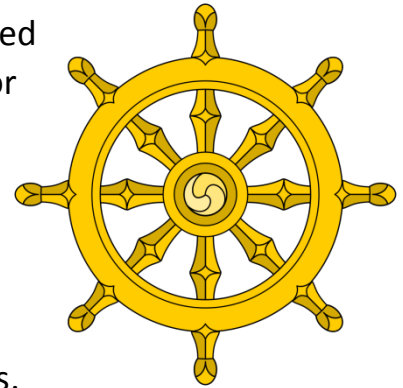


Buddhism

Lesson 3 and 4

This is a **Dharma wheel**. In his first sermon, Buddha started teaching “Dharma” to help people find enlightenment for themselves. Each spoke represents one of the teachings known as “**The Eightfold Path.**” These are techniques for overcoming the suffering taught about in the Four Noble Truths.



1. *Right views* – Know and understand the 4 Noble truths.
2. *Right thoughts* – Care for others and do not be selfish. Be kind.
3. *Right speech* – Tell the truth and speak kindly and wisely. Do not say things that could hurt others.
4. *Right actions* – Do not harm others, steal or cheat.
5. *Right livelihood* – Work to the best of your ability in a job that does not harm others.
6. *Right effort* – Work hard and keep to the eightfold path.
7. *Right mindfulness* – Control your thoughts. Be aware of the effects of your thoughts and actions.
8. *Right concentration* – Have a peaceful mind.

Activity 1: What do you think each right means? Can you give examples?

Activity 2: Make your own Dharma wheel. Be as creative as you like.

