

# 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. Never having seen these things, he didn't know what they were.



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. He was very worried by what he saw and learned that sickness, age and death comes to everyone, even if you are a wealthy person.



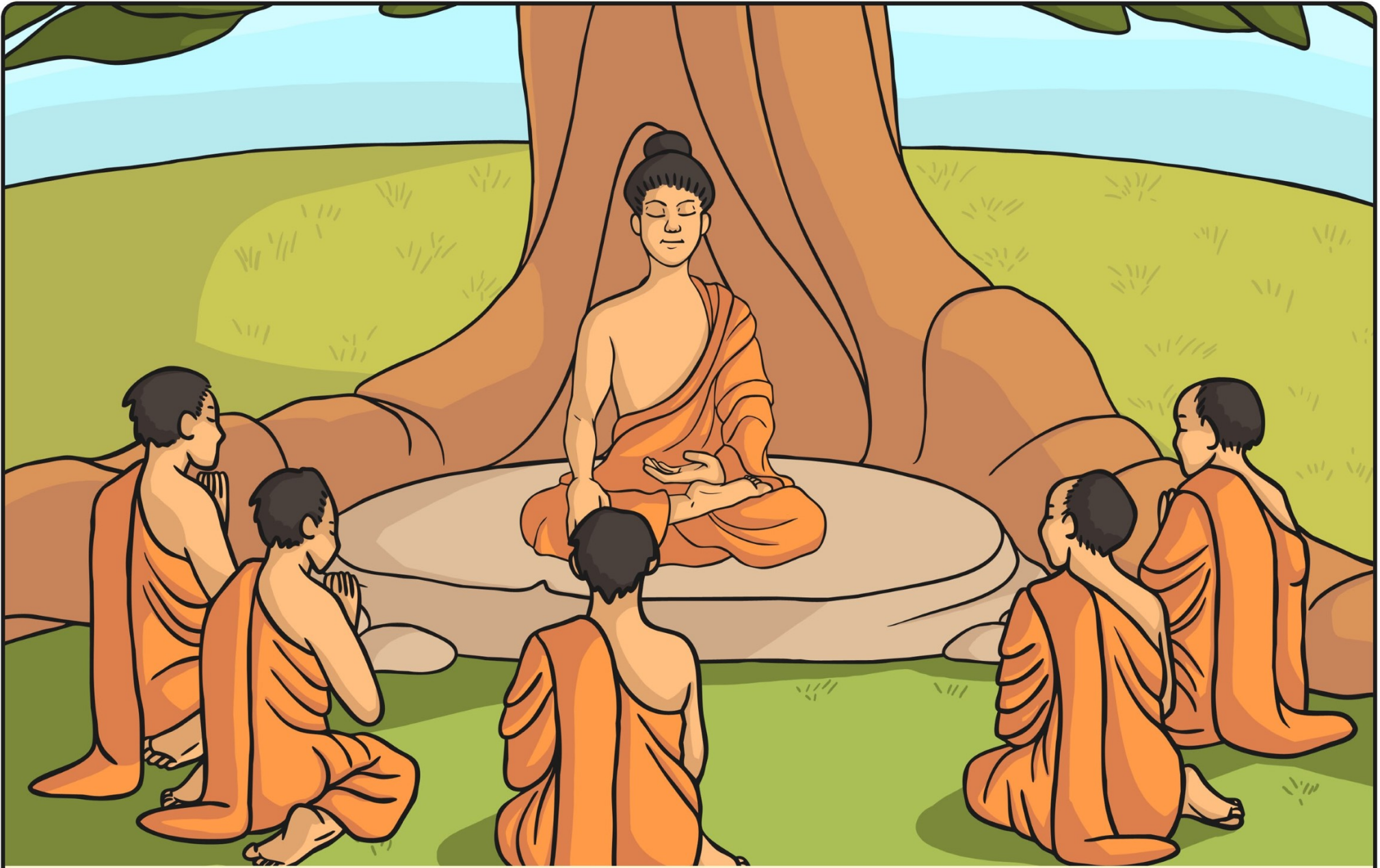
Next Siddhartha saw a holy man dressed in rags with only a begging bowl in his hand. Despite owning nothing but the bowl, he looked so calm and at peace. He pondered how a man with nothing could be so content.



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 wouldn't rise again until he found the truth. As he sat, he thought carefully about the past, present, future and the four sights he saw when he left the palace. After some time, he realised there was a way for people to end their pain and sadness. Within this moment, he became wise and enlightened.



He began to teach people about what he had realised and people began to call him Buddha or 'teacher'. He taught them to lead good lives by being truthful, respecting others and doing good deeds.