

The Path of Wisdom: Understanding Buddhism

Join Ellie the Elephant on a journey of discovery to learn about peace, kindness, and the Buddhist way of life!

- **Who was Siddhartha Gautama?** He was a prince who left his palace to search for the truth about why people suffer and how to find true happiness.
- **What is the meaning of the 'Middle Way'?** It is the idea of living a balanced life, avoiding things that are too extreme, to help focus the mind.
- **How do Buddhists show compassion?** They practise 'Metta', which is loving-kindness, aiming to be gentle and helpful to all creatures, great and small.
- **What is the role of meditation?** It is a practice of focusing the mind to clear away worries, helping a person to feel calm, aware, and present.
- **What does the symbol of the lotus flower represent?** In Buddhism, the lotus flower represents purity and the ability to grow beautifully even when starting from muddy water.

Did you know? Did you know? Buddhists believe that through meditation and mindful living, anyone can find inner peace. Many Buddhists visit a temple called a Vihara to sit quietly and reflect on being kind to all living things.

Key vocabulary: Siddhartha Gautama · Enlightenment · Dharma · Meditation · Compassion · Nirvana · The Middle Way