

Hello everyone! I hope you had a lovely week and enjoyed creating your own Eightfold path. Did you have a go at keeping a diary? Did any of your experiences create a happier and stress-free environment? Was it difficult to follow the Eightfold Path, is it possible to Follow the Eightfold Path in Today's World? I think it may be difficult at times, sometimes we use white lies as a way of avoiding people embarrassment or suffering. Sometimes we do want and crave something we don't necessarily need.

In this lesson we will learn more about the Buddhist holy book, which is scriptures called the Tripitaka.

Learning Objectives:

I understand what the Buddhist holy book is and what is in it.

I can create a guide sheet to explain about the Buddhist holy book.

I can explain why monks met regularly to discuss the teachings before it was written down.

Tripitaka (The Buddhist Holy Book)

After his enlightenment Buddha had taught others who became enlightened themselves and when the Buddha died in about 410 BC (Before Christ) his teachings were passed on through people teaching each other.

People were used to just remembering important things and teachings.



Have you ever played Chinese Whispers? Passing a message on from one person to another. The message has normally changed in some way by the time it gets to the last person!

However, people started to think it would be a good idea to write down what the Buddha had said and taught so that it was clear for people to follow.

To write down the Buddha's teachings accurately, 500 Buddhist monks met to check the teachings with each other, to make sure the teachings did not change over time. These teachings were then passed down by the monks for 400 years until they were written down.



The Buddha's teachings are called the Pali Canon and the Sanskrit Canon. They are called this because Pali and Sanskrit are the ancient languages in which they were first written and 'canon' means collection of writings.

The Pali Canon were the first collection to be written down. It is also called the Tripitaka, which means three baskets. This is because the original writings were made on palm leaves and stored in baskets.

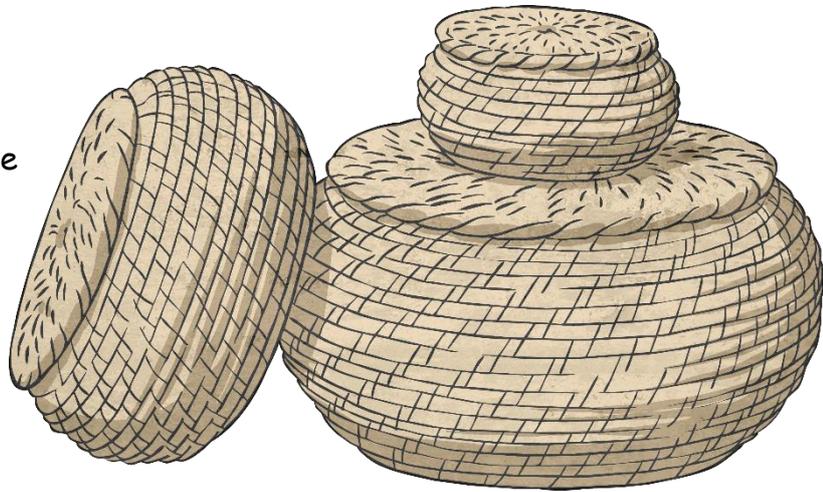
The Tipitaka contains the teachings of the Buddha and his companions, comments on those teachings, as well as rules for monks. Buddhists call the teachings of the Buddha **dharma** which means 'truth'.

The Three Baskets

Vinaya Pitaka, which means discipline, is the first basket. It has the rules for monks to follow.

Sutta Pitaka is the second basket. This contains most of the teachings of the Buddha.

Abhidhamma Pitaka, which means higher teachings, is the third basket. These higher teachings help to explain the Buddha's teachings.

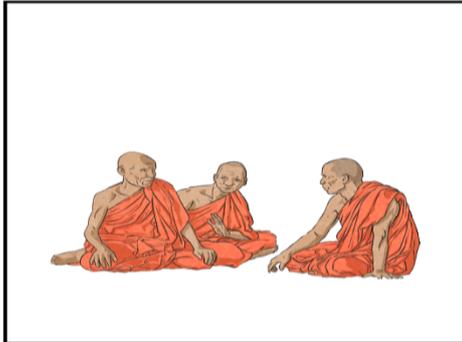


Can you use the word bank at the bottom to complete the guide sheet?

Tripitaka Guide



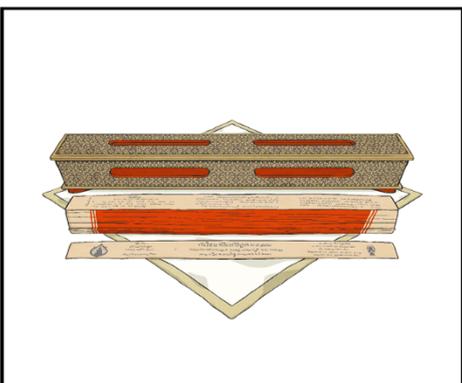
History



Check



Three Baskets



Tripitaka

Word Bank

400 years

Sutta Pitaka

Pali Canon

Sanskrit Canon

collection of writings

Vinaya Pitaka

Buddha's teachings

accurate

ancient languages

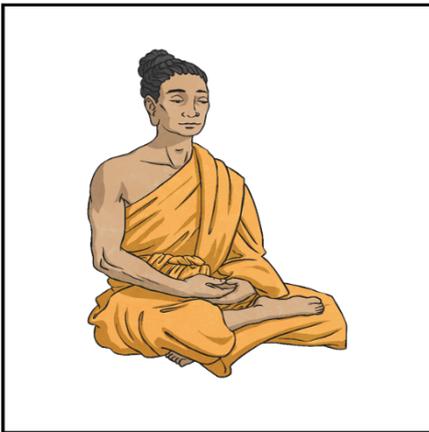
Abhidhamma Pitaka

teaching and stories

Buddha

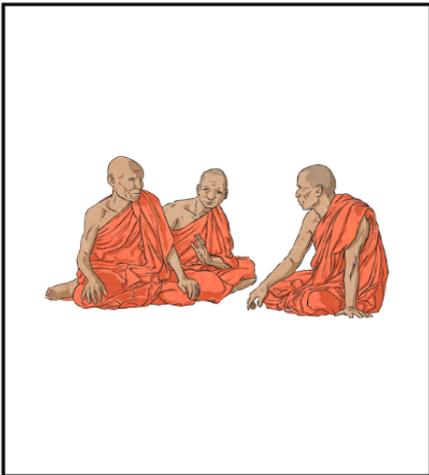
If you struggled to use the information to fill out the guide boxes, have a go at filling in the blanks in this guide.

Tripitaka Guide



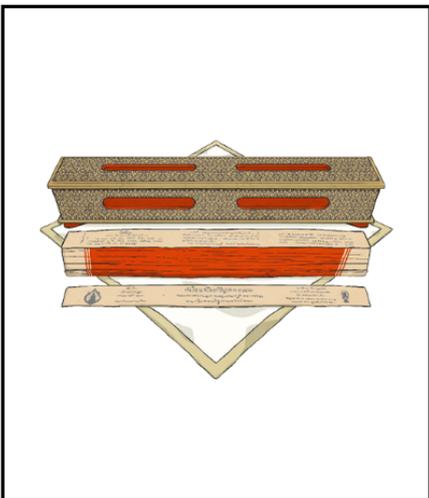
History

Stories and teachings from the _____
were not written down for _____
_____ .



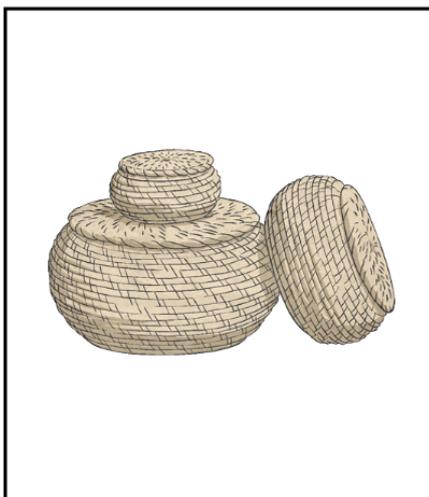
Check

Buddhist monks met regularly over the 400
years to check the _____
were _____ .



Tripitaka

The Buddha's teachings are called Pali Canon
and Sanskrit Canon. Pali and Sanskrit are the
_____ and the word
Canon means _____
_____ .



Three Baskets

Vinaya Pitaka is the first basket which has
rules in. Sutta Pitaka is the second basket and
has the Buddha's teachings. _____
_____ is the third basket and
it explains the _____ .

Meditation is a way Buddhists can clear their minds and relax, part of the Eightfold Path.

Sit in a quiet room away from any distractions. Make sure you are sat comfortably not touching anyone or anything. If you would like to sit in a similar position to Buddhists; they sit crossing their legs so their feet are facing away from an image of the Buddha and their face and body facing forwards.

Please follow the link to a guided meditation video. (This is different to last week).

<https://www.youtube.com/watch?v=-kZiHhBm-4U>

Meditation exercises (If you cannot access the internet)

It would help if you had someone to read the instructions to you as you sit quietly, if not read them before and have a go.

Tips for the reader

Speak slowly

Leave appropriate gaps

Allow approximately 5 seconds for each sensation

Exercise 1 - basic stilling

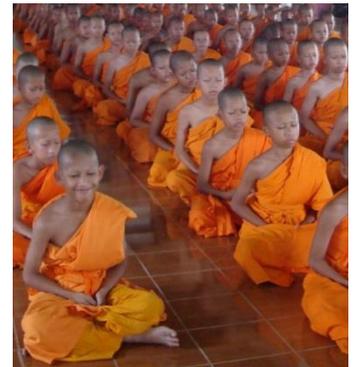
Make sure you are sitting in a relaxed position in a quiet room.

Buddhist sit crossed legged in order for their feet to face away

from the Buddha and their face and body to face the Buddha in front of them.

If you are sat on a chair, make sure your back is against the seat and your feet are flat on the floor. Hands are placed in a cup like position on your lap or on the knees.

You may have relaxing music on in the background if you would prefer.



Breathing exercise

"Let your eyes gently close.....

Breathe slowly in and out, in and out.....

Now begin to listen to sounds outside the room....

Now listen to sounds inside the room.....

Now listen to yourself.....

Notice the way your breath enters and leaves your body.....

Concentrate on the tip of your nose and feel your breath go in and out, in and out.....

Now feel the touch of your clothes on your back....

Feel how hard your chair is underneath you

Feel your feet touching the fabric of your socks....

Slowly go around your body and feel aware of your head, your face, your neck, your chest.....

Now come back to your breath going in and out, in and out.....

When you are ready, take a deep breath, open your eyes and have a good stretch."

Thank you for having a go at this week's lesson. I hope you have a lovely week and make time to do something you enjoy. Next week we will be looking at Buddhist worship.

Thank you, Mrs Hunter-Howard

