



## Understanding the Buddha

Buddhists look to the Buddha as a great source of wisdom. Read some of his quotes and explain what you think he is trying to say.

**Quote:** Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so let us all be thankful.

→ meaning:

**Quote:** Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.

→ meaning:

**Quote:** Our deeds, good or evil, follow us like shadows.

→ meaning:

**Quote:** What you are is what you have been, and what you will be is what you do now.

→ meaning:

**Quote:** There is only one time when it is essential to awaken. That time is now.

→ meaning:

**Quote:** A man should first direct himself in the way he should go. Only then should he instruct others.

→ meaning:

\*Select one of the Buddha's quotes and explain how you could put it into practice in your daily life.