

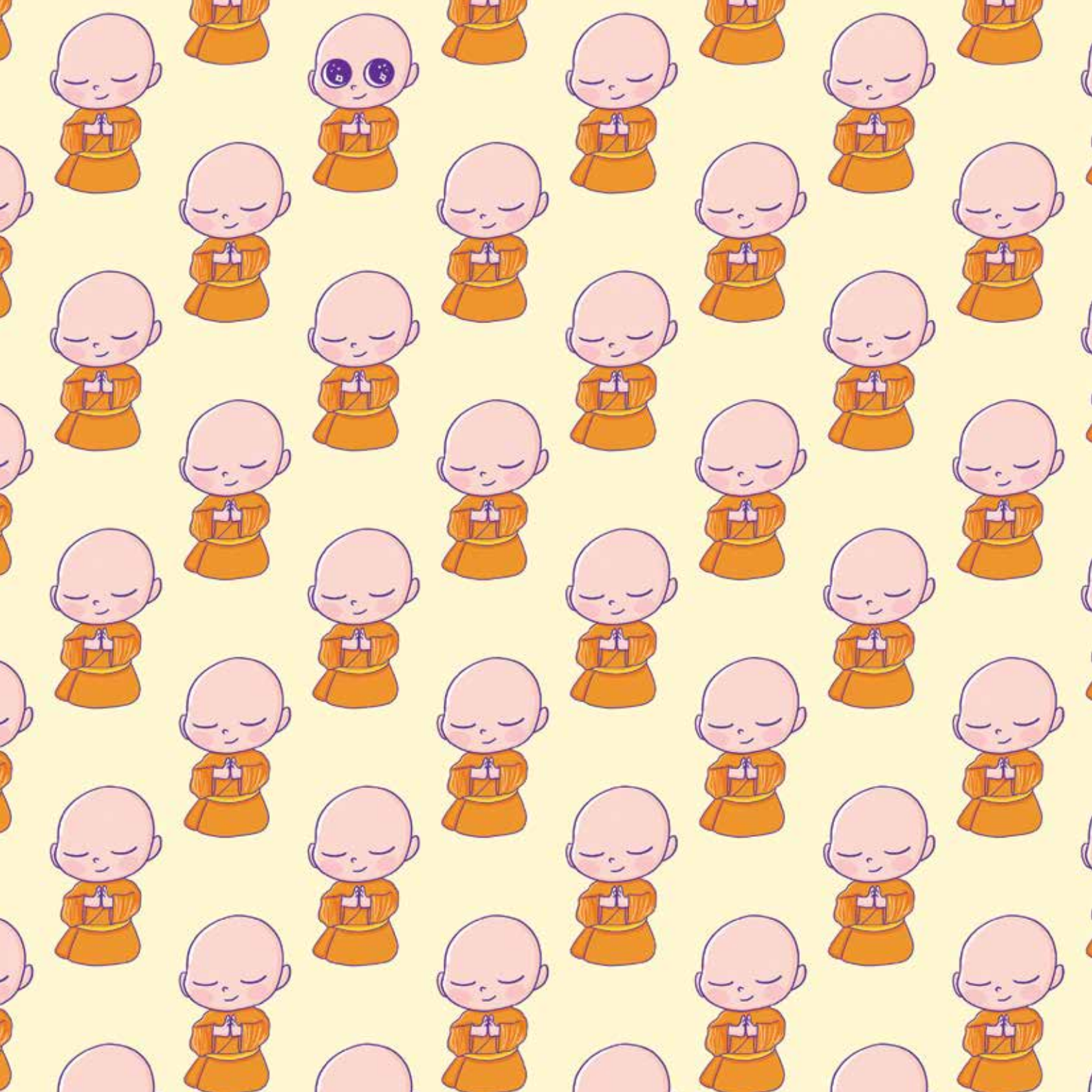


The Life of **BUDDHA** For Beginners

Wat Ananda Metyarama

Thai Buddhist Temple, Singapore 169545

PUBLISHED FOR FREE DISTRIBUTION ONLY





The Life of Buddha For Beginners

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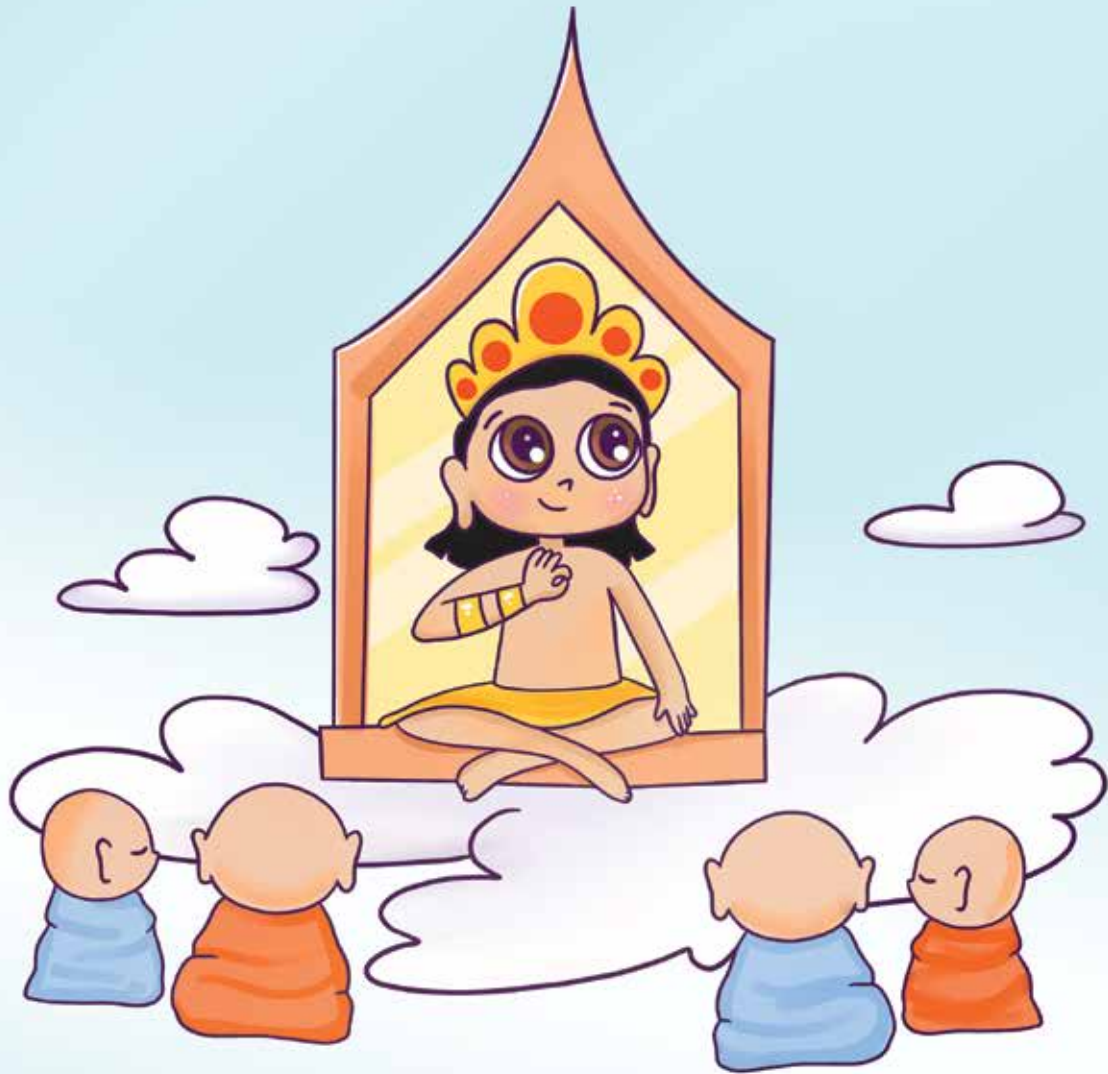
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A long time ago, before Lord Buddha founded Buddhism,
he was staying in heaven.



One day, the gods invited him to go to the human world.
They wished for him to spread his teachings.

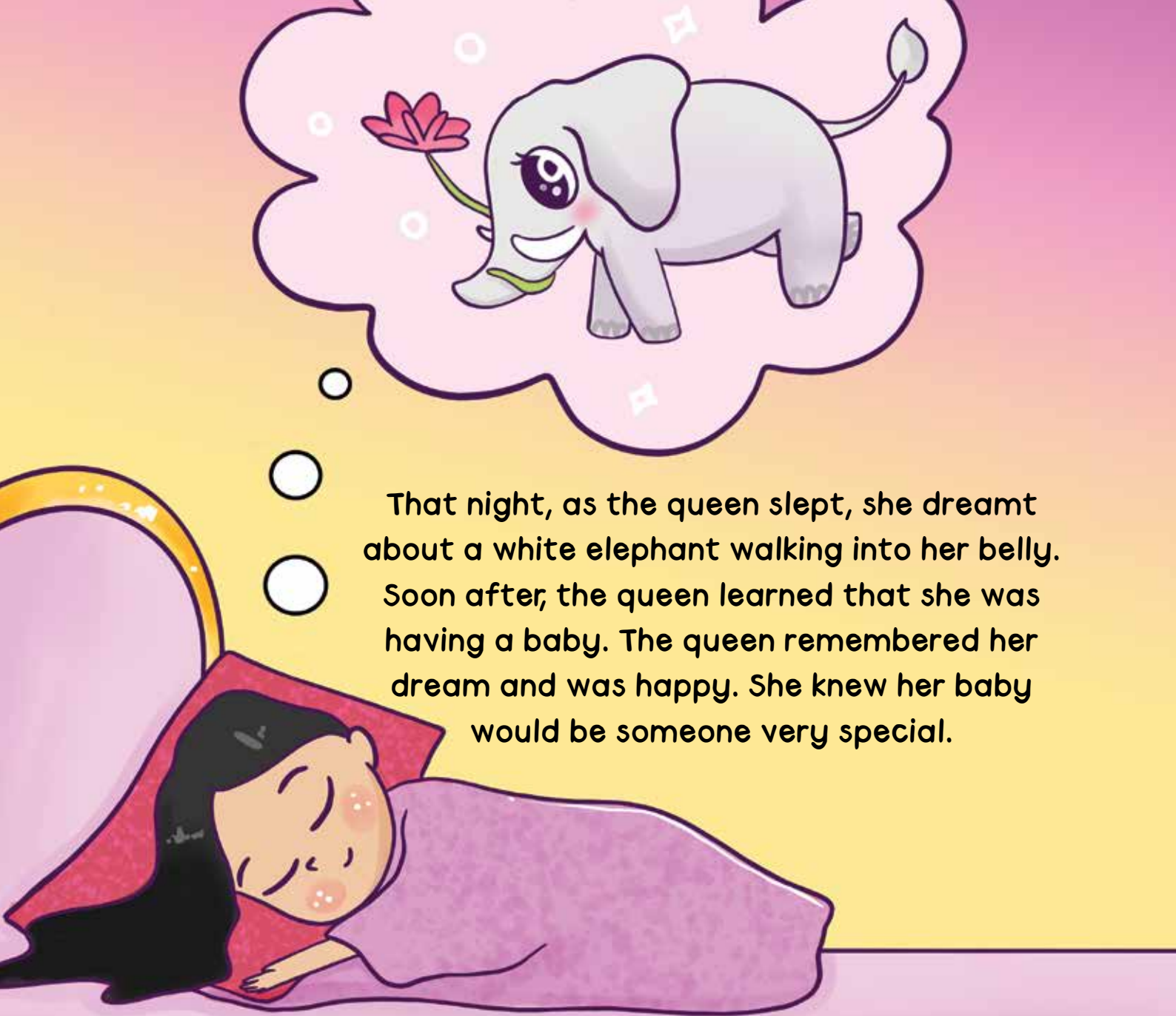


Lord Buddha thought about how to present himself to the human world. Finally, he decided. He would be born in this world. He would be reborn as a prince in the great country of India (*what is now known as Nepal*).



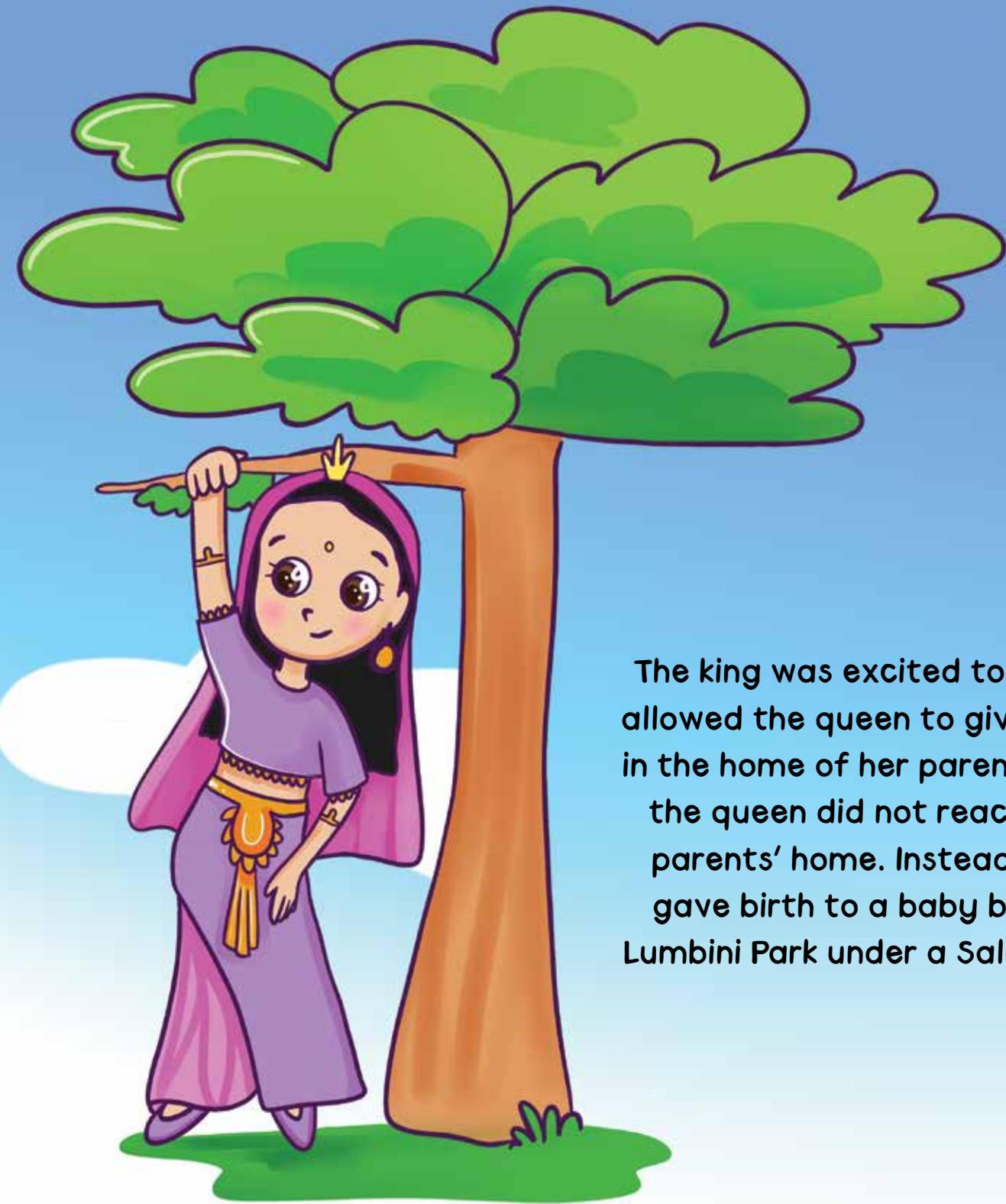
Lord Buddha knew the king
and the queen of India were kind
people who longed for a child. He
wished to share his plan with them.
But how?

At Last, Lord Buddha
came up with a plan.



That night, as the queen slept, she dreamt about a white elephant walking into her belly. Soon after, the queen learned that she was having a baby. The queen remembered her dream and was happy. She knew her baby would be someone very special.

(Did you see what the elephant is holding?)



The king was excited too, and allowed the queen to give birth in the home of her parents. But the queen did not reach her parents' home. Instead, she gave birth to a baby boy in Lumbini Park under a Sala Tree.

The baby was a miracle. He could walk and talk from the moment he was born.
When the prince took his first step, a lotus flower appeared at his feet.



(Can you count
how many lotuses
are there?)

*"I am the chief of the world. There is no one equal to me.
I am supreme. This is my last birth. No more rebirth for me."*




On the fifth day of the prince's birth, the king invited 108 wise men to the palace to give the prince a name. Together they named him Siddhattha, which means "one whose wishes shall come true."

Seven of the wise men declared that when Prince Siddhattha grew up, he would either become a great king or leave the palace to become Buddha. Of the seven, only one felt sure of the prince's path. Kodanna, the youngest, declared that the prince would surely become Buddha.



This worried the king, for he wished the prince to become the next king. He did not want his son to leave the palace.



(Can you also meditate like the prince?)



One afternoon, the king took seven-year-old Prince Siddhattha to the ploughing ceremony. While the king was busy, the prince walked around and found a tree to sit under. The prince focused his mind and breathing. This was his first meditation.

The king worked hard to keep the prince happy. He made sure the prince had everything he wanted, had fun, and only saw beautiful things and people. The king even built him three grand palaces: one for summer, one for winter, and one for the rainy season.



When the prince was sixteen years old, his father found him a beautiful princess named Yasodhara to marry. He hoped the marriage would tie the prince to the palace, and that the prince would be so happy he would never want to leave.





One day, the prince visited the city.
For the first time, he saw an old man.

He asked his attendant, Channa,
about the man, and was shocked to
learn that growing old was normal.





On the prince's second trip to the city, he saw a man who was so sick he could not even stand up. This was the first time the prince had seen someone so unwell, and it alarmed him.

Channa explained it is natural for everyone to fall sick sometimes and no one can enjoy good health all the time.





On his third trip out, the prince saw a dead man. The prince was scared, for he had never known death before. Channa told the prince that everyone must die someday. At this, the prince was confused. He wondered why people had to suffer—why they had to go through the pain of growing old, falling ill, and dying.



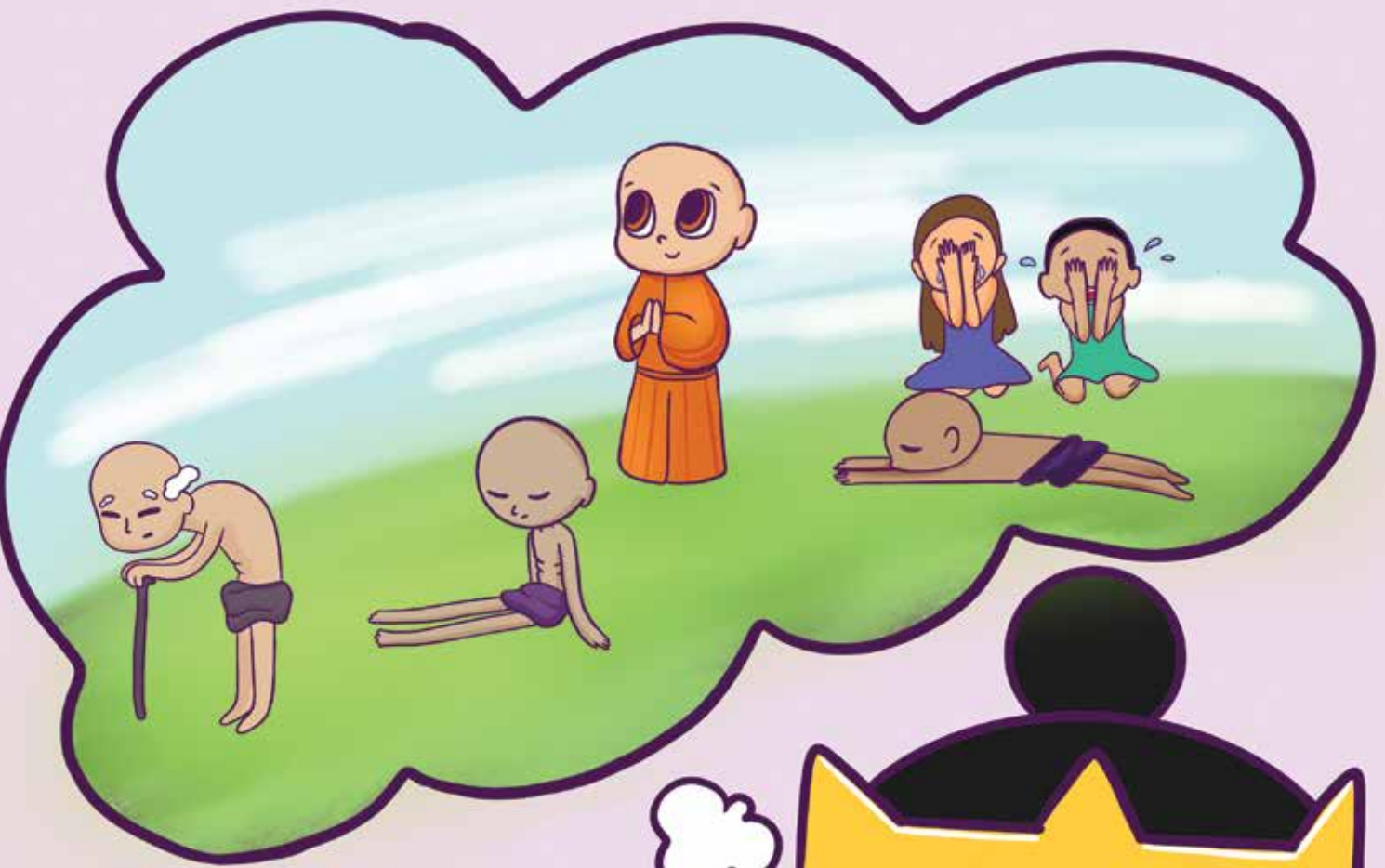


During his fourth trip, the prince saw a monk. The monk looked peaceful and happy.

Channa explained that the monk had lived a simple life, different from the others. He explained that the monk had spent his time searching for the meaning of life.

The prince thought this was a good path to follow to overcome suffering.





Seeing the true nature
of the world made the
prince think deeply.
His experiences came
to be known as Lord
Buddha's four great
sights, and they
changed his life.



Back at the palace, the prince could not get the four sights out of his head. Surrounded as he was by delicious food, nice clothing, and a big palace, he was not happy. He knew now that even wealth could not keep one from falling sick, growing old, or dying.



Late that night, the prince went to see his wife and their baby. He found them sleeping. Though he wanted to touch them, he was afraid of waking them. He knew that finding a way to end their suffering was the greatest way to show his love for them.



And so he left the palace.





At twenty-nine years old, the prince gave up his life as a royal prince and started on his journey to free the world from suffering.

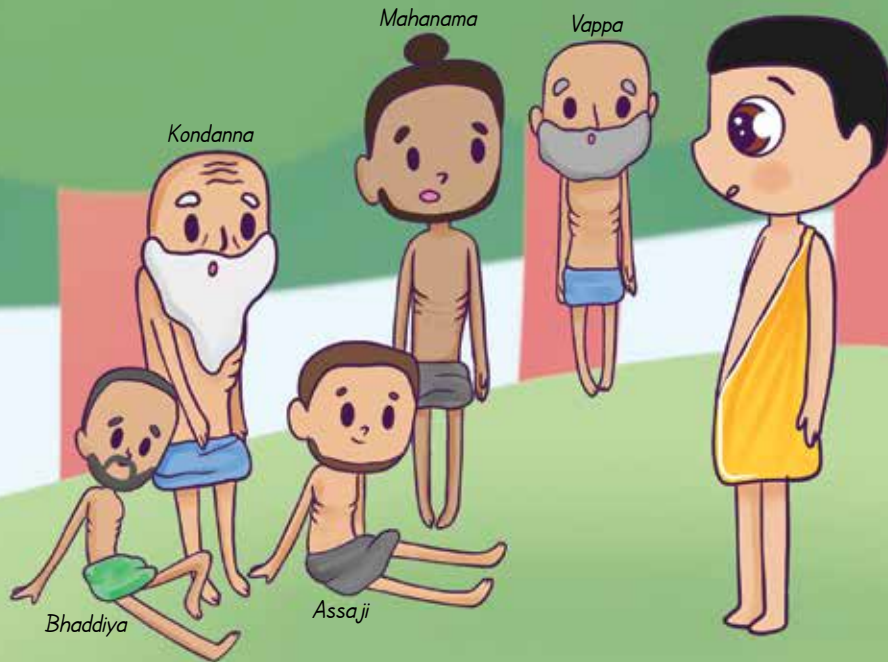
Soon after leaving the city, Siddhattha came to the Anoma River. There he cut off his hair and changed his royal clothing into a simple robe.



Then he sent Channa back to tell the king that he would not be a prince anymore.

Along the way, Siddhattha met five ascetics who believed he would become Buddha. The men decided to follow him.

Together they practised self-mortification, the act of denying their own needs as a way of showing their devotion to their cause. They hoped that by torturing their bodies, they could find a way to end the suffering of others.



Siddhattha and the men had almost no food to eat. They had no clothes to keep them warm. They even slept in the forest.



For six hard years, Siddhattha continued this way. He became skinny and weak, but still he found no answers. Siddhattha realized that what he had done for so long was not working. His hard life made him so hungry that he could not think. He knew he needed food for his body and mind.





*(Can you spot
Mara the demon?)*

Siddhattha remembered his first meditation.
He decided to meditate again, this time under a Bodhi Tree.
During his meditation, a demon named Mara tried to
disturb him. The demon made Siddhattha think about
delicious food, a comfortable bed, and his beloved family.



Siddhattha's mind was powerful,
and he fought off Mara.
With the demon gone, Siddhattha
continued his meditation.



His mind calm, he at last discovered
the four noble truths: that life is
full of suffering, that there is a
reason for suffering, that there is a
way to end suffering, and that we
should take the Middle Way.





Siddhattha had found the answer.
He attained enlightenment and became Lord Buddha.

Lord Buddha thought of his time as a prince when he'd had everything.



He thought of his time as a monk when he had almost starved to death.

Lord Buddha realized that neither way of life was the path to overcome suffering. Instead, he must find the middle way—a better way of living.

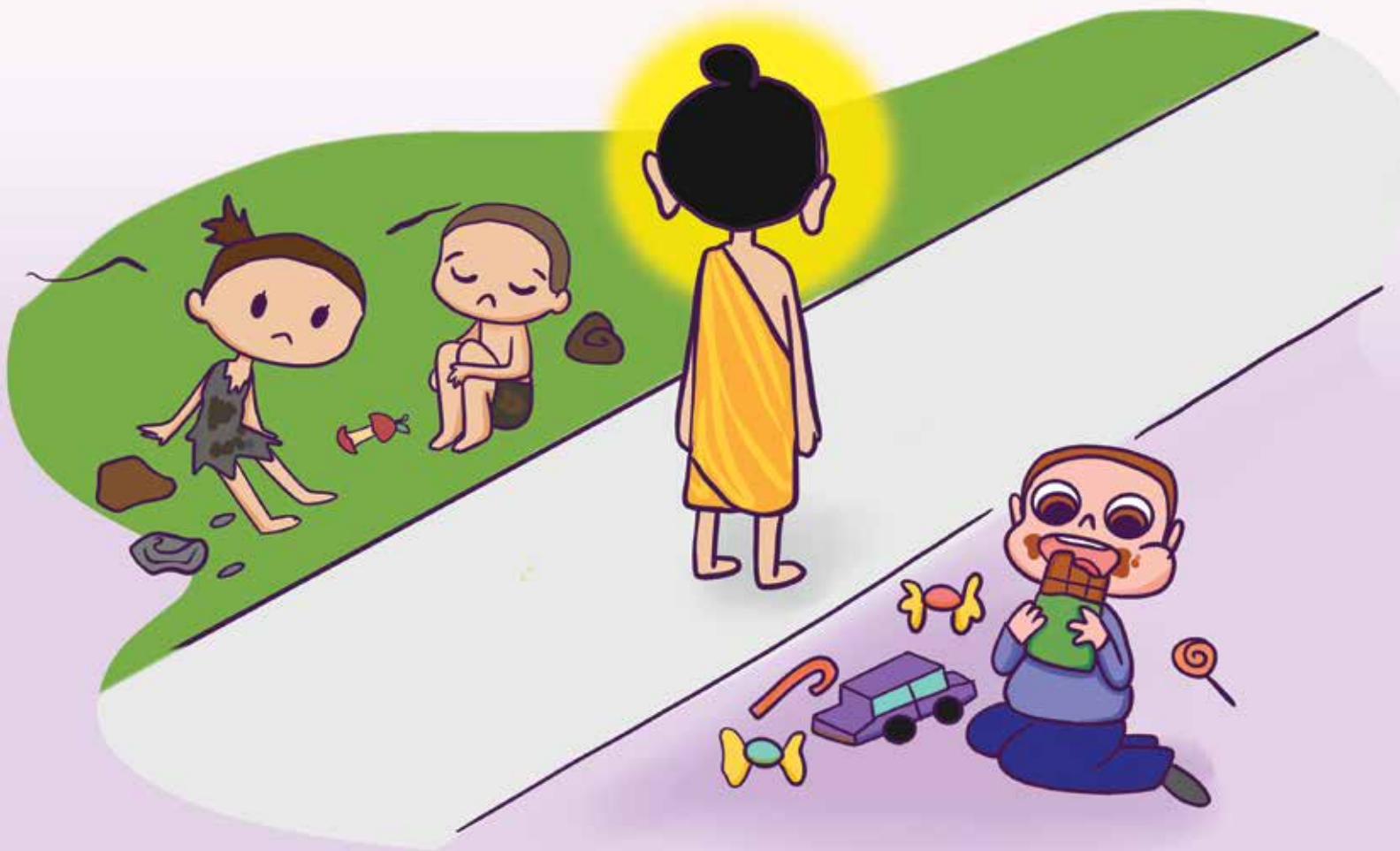


After Lord Buddha attained enlightenment, he decided he should spread his teachings to the world. He would share what he found out and save everyone from suffering.



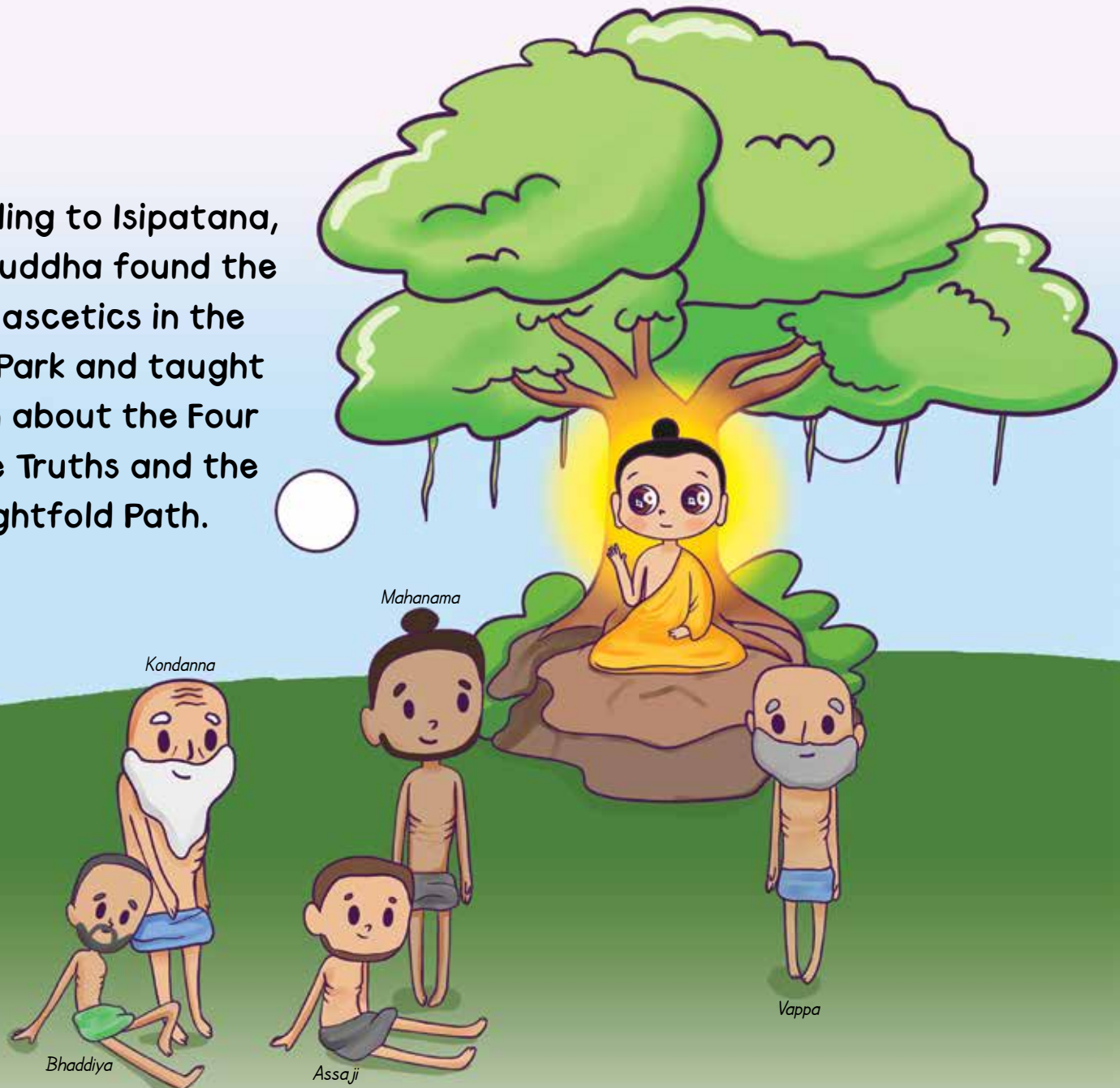
Lord Buddha taught that living the middle way meant living a life that is somewhere between the rich, royal life he led in the palace and the poor, difficult life he led as a monk.

Living the middle way meant keeping a balance—
not being too greedy or having too much of our favourite
things, and not giving up the things we truly need.



To learn to live the middle way, Lord Buddha taught, one
must follow the Eightfold Path—a set of guidelines for
practising to achieve the goal of ending suffering.

Travelling to Isipatana,
Lord Buddha found the
five ascetics in the
Deer Park and taught
them about the Four
Noble Truths and the
Eightfold Path.

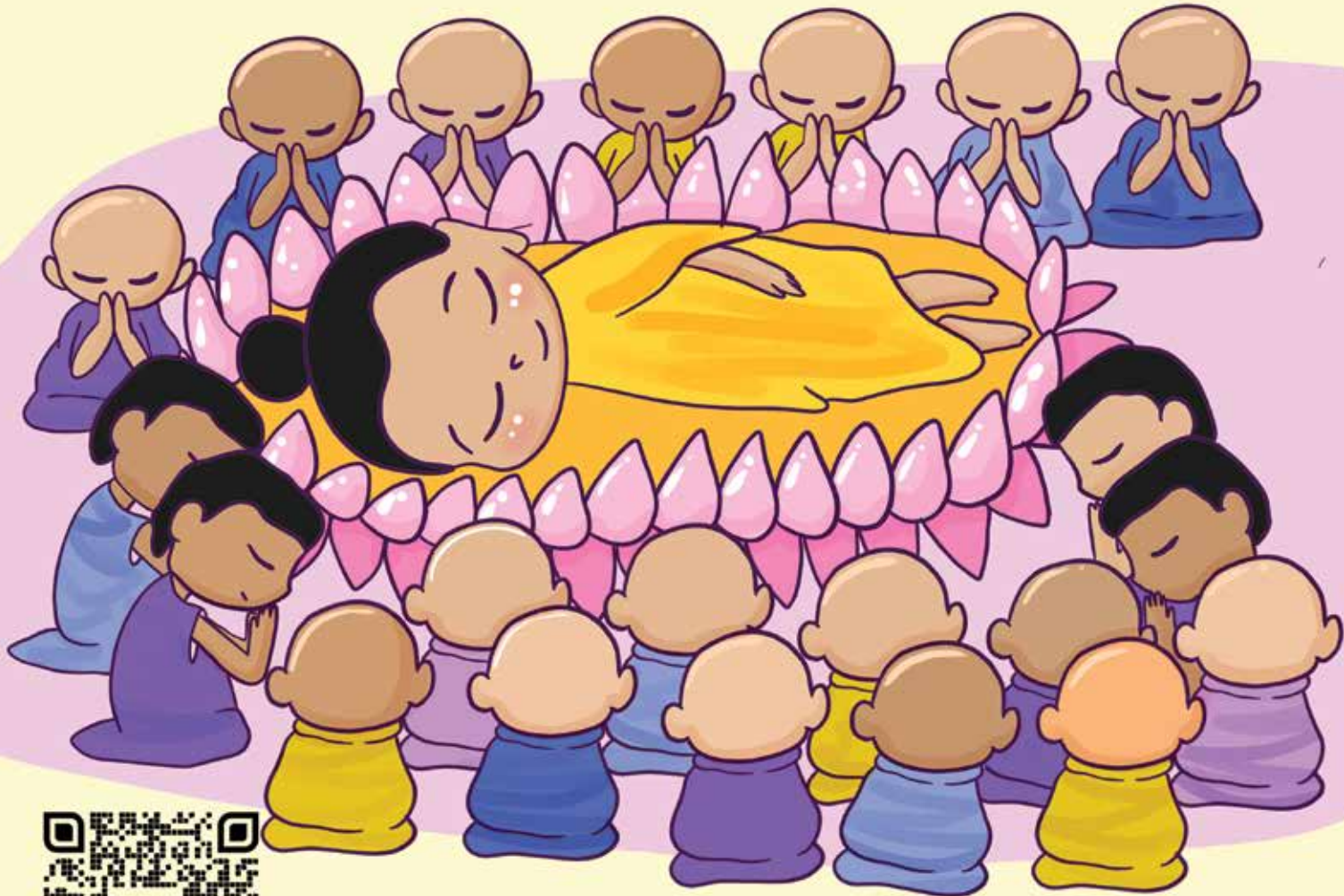


This was Lord Buddha's first sermon, and the
first turning of the dharma wheel.

Lord Buddha spent forty-five years travelling around India to spread his teachings. He was a calm and wise teacher who always had the answers. Many people followed him and practised what he taught.



Lord Buddha reached the end of his life at the age of eighty in a city called Kushinara. He entered Nibbana under two Sala trees, free from suffering and never to be born again.



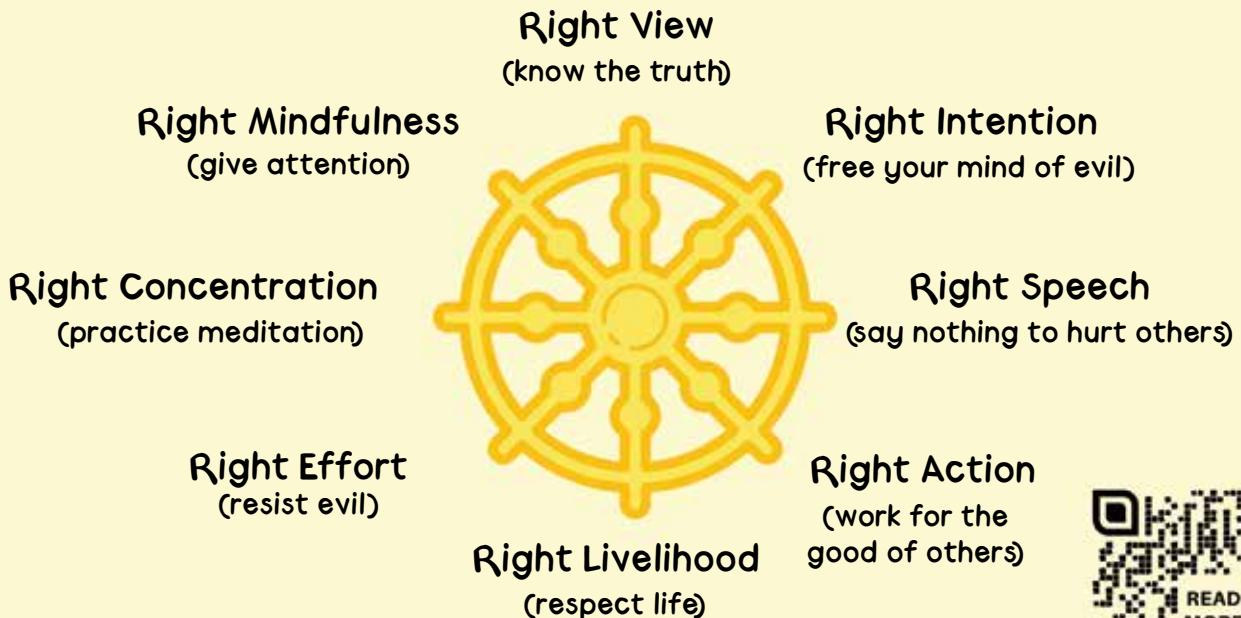
The End

THE FOUR NOBLE TRUTHS



1. The truth of suffering
2. The truth of the cause of suffering
3. The truth of the end of suffering
4. The truth of the path that leads to the end of suffering

The Eight Fold Path



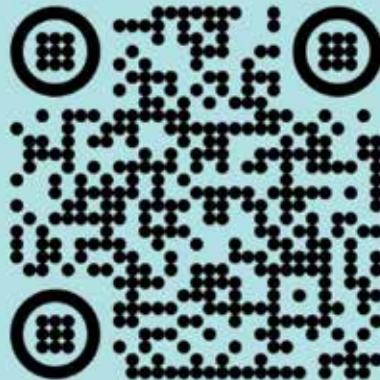
ABOUT

Wat Ananda Metyardma

The founder of **Wat Ananda Metyardma** is Venerable Luang Phor Hong Dhammaratano (Phra Dhammaratano Bandit). He came to Singapore in 1918 with his disciple, Samanera Boonler. Upon noticing that there was no Theravada temple in Singapore at that time, they aspired to build one. Venerable Luang Phor Hong Dhammaratano passed away on 10th November 1952 and was cremated on 16th November 1952 by Thai Consul's General Phraya Srisayamcit with Thai Groups.



For more information
about our temple
SCAN QR CODE



About Wat Ananda Metyarama



THE TEMPLE

One of the oldest Theravada Buddhist tradition temples in Singapore. It was completed in 1925 with a land area of 18,317sq. feet. Formerly located at 83 Silat Road, Singapore.



THE NEW BUILDING

Approximately \$6 million in cost, The MP for Tanjong Pagar GRC, Senior Minister of State for Law and Education, Ms Indranee Rajah, officially declared the opening of the building on 5th January 2014.



COLUMBARIUM

Meaning "Palace" in Heaven, Julamanee Prasat is strategically located near the city area, providing great convenience to generations who will gather and appreciate the loving memories of those who have passed on.



CULTURAL CENTRE (MUSEUM)

A wide range of prized Buddhist artefacts are on display for the public to appreciate at the Cultural Centre (Museum), which was opened in the new Temple building on the 5th of January 2014.



CHIEF ABBOT

Venerable Chao Khun Phra Tepsiddhivides is devoted to teaching and spreading Buddhism. He is also one of the Buddhist religious leaders involved in the IRO, an organisation that promotes religious understanding and harmony in Singapore.



CHAO KHUN RIAN

Chao Khun Rian is the Venerable Phra Panyadhamvides, a resident monk and Deputy Chief Abbot of the Wat Ananda Metyarama Thai Buddhist Temple, as well as a council member of IRO. Chao Khun Rian grew up in Thailand but now resides in Singapore.

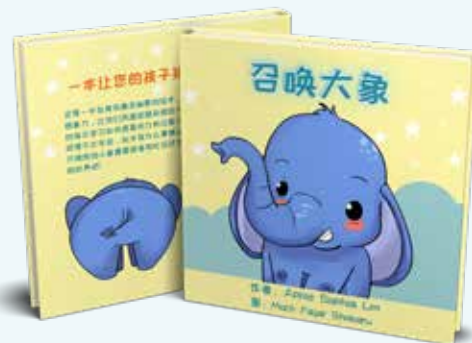
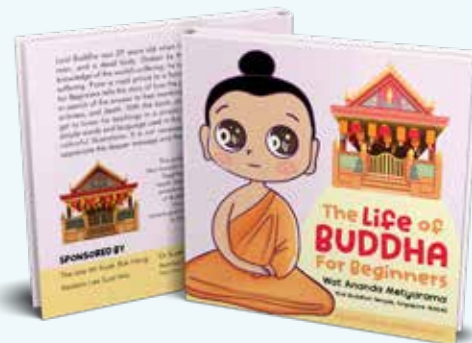
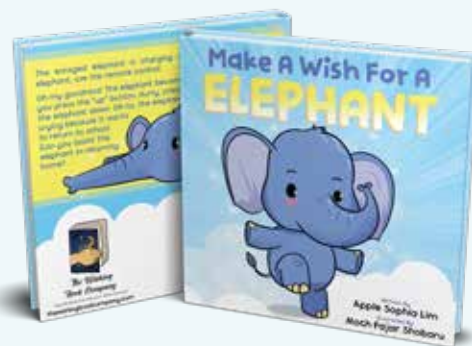
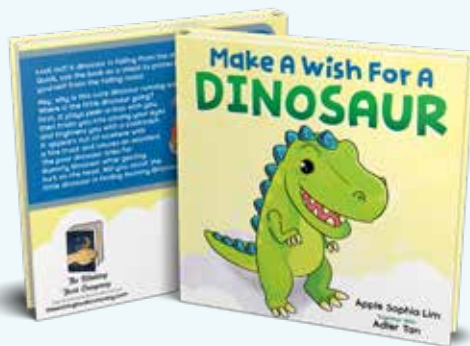
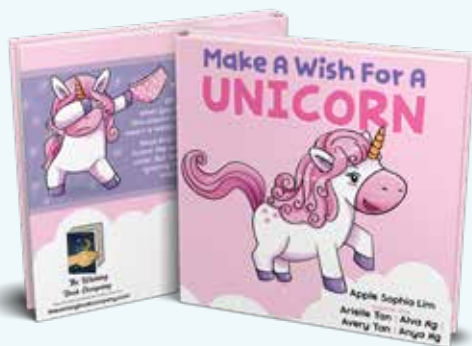
ABOUT AUTHOR

Apple Sophia Lim

Apple Sophia Lim is a renowned Singaporean children's book author known for her imaginative and engaging storytelling. Her latest work, "The Life of Buddha for Beginners," was crafted in partnership with Wat Ananda Metyarama Thai Buddhist Temple. This exceptional children's book presents Lord Buddha's teachings in a clear and accessible manner, using straightforward language and vibrant illustrations to captivate young readers. As a mother of two young girls, Apple recognizes the importance of actively engaging children in the learning process and hopes her book will spark curiosity and interest in Lord Buddha's teachings. She has set her sights on publishing five more exhilarating children's books by 2023, showcasing her limitless creativity and remarkable talent for crafting immersive stories.

Website: applesophialim.com





WORD SEARCH

V T R L S S C G U Q Y P I S G
U U X C N G V Y U X G E L R Q
U C H K O N X Y N B Z F T D B
Q O N U N L U K C U J Q N W A
D I S M I T U X T D L D U O I
G S M C Y R Y M J D E C K F Z
E Z Y Y I O U F B H U T M F K
U S L B L O C U E A L W Y I J
P J T I O V M R U I R U V C X
Q F Q W M D B Q I B S I Y E X
N L N J U T H Y C Z H X U B B
O K C K S R S I O B R C P M V
D T E N E P J F M Q I W R V P
N H Y M U J W W M D N E K O R
K H C O M K X C G B E E P T P

Bodhi

Columbarium

Museum

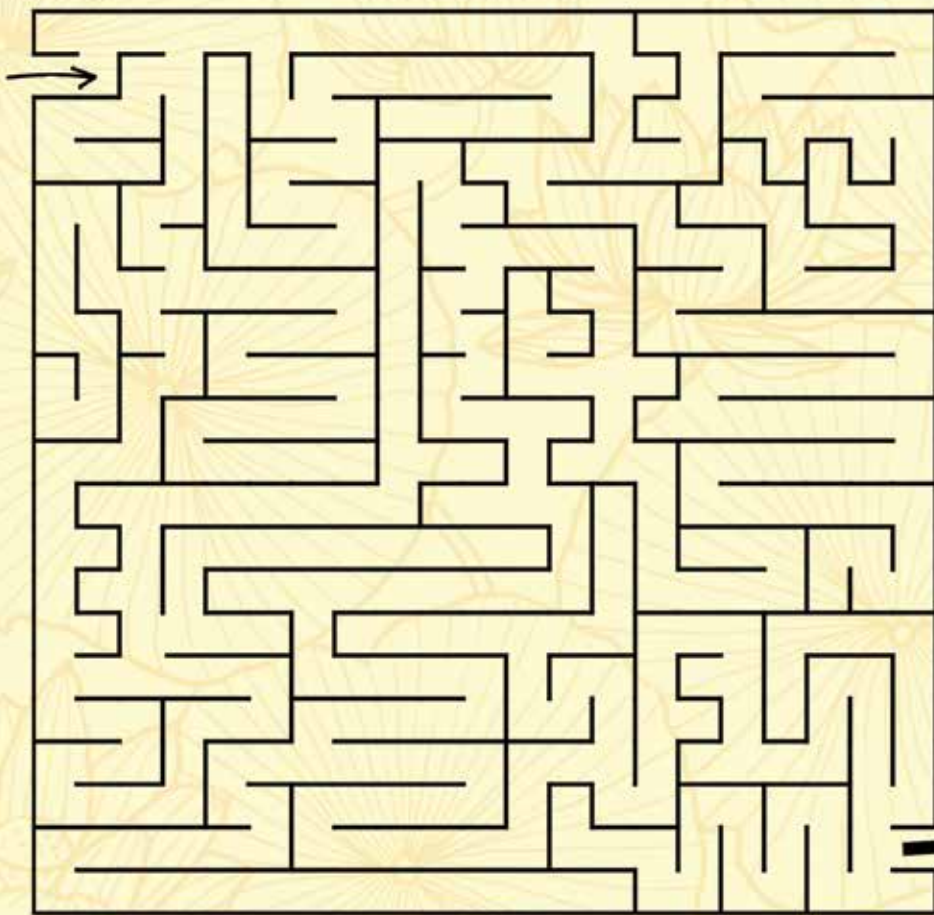
Buddha

Office

Shrine

Can you find these places in the temple?

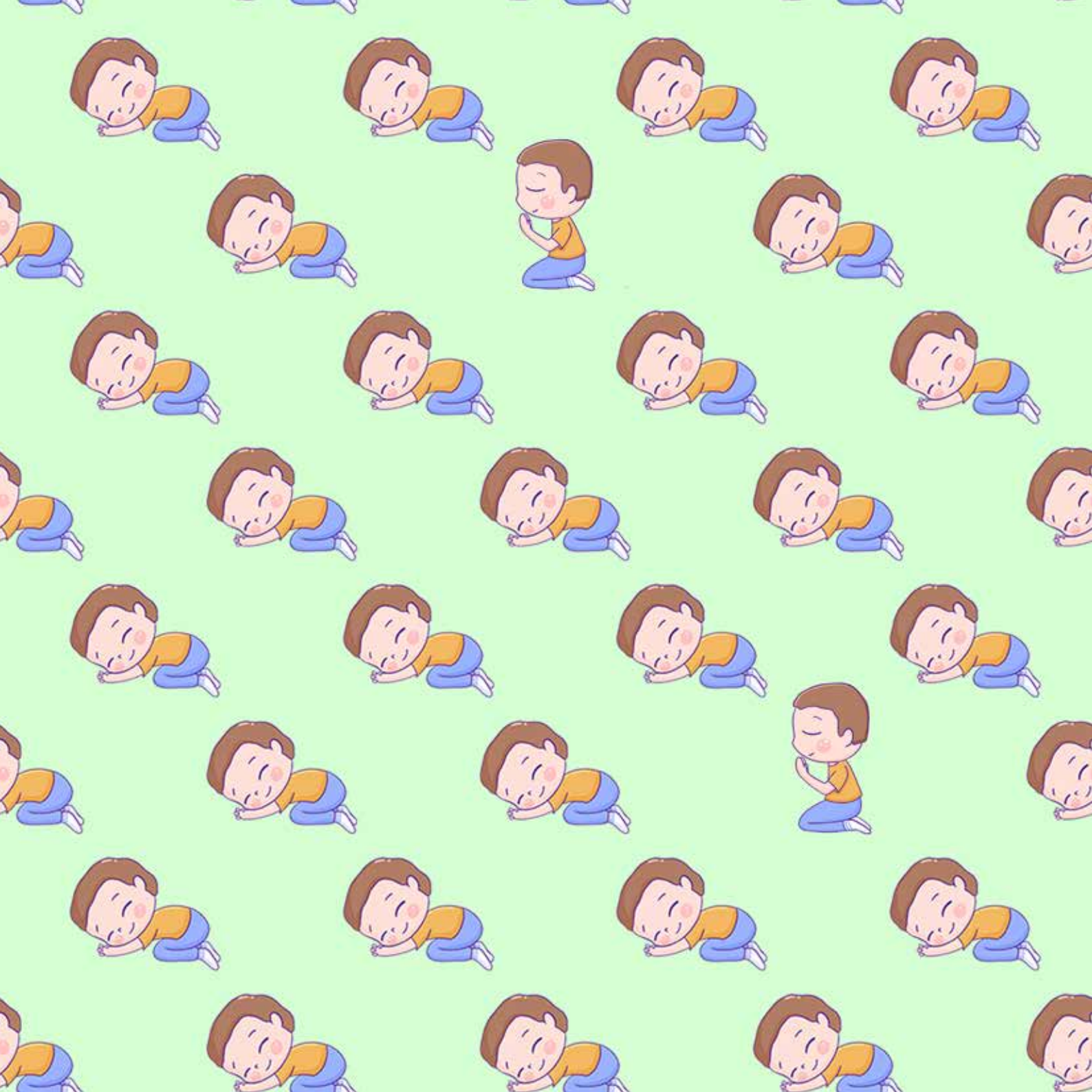
MAZE GAME



Can you help the monk
back to the temple?







Lord Buddha was 29 years old when he first saw a sick man, an old man, and a dead body. Shaken by the experience and the sudden knowledge of the world's suffering, he set out to find a way to help end suffering. From a royal prince to a homeless man, *The Life of Buddha for Beginners* tells the story of how the prince gave up his luxurious life in search of the answer to free mankind from the suffering of old age, sickness, and death. With this book, you will learn about Buddha and get to know his teachings in a simple manner. Children will love the simple words and language used in this cute picture book full of bright, colourful illustrations. It is not necessary for one to be a Buddhist to appreciate the deeper message and the telling.



This publication was commissioned by
Wat Ananda Metyarama, Thai Buddhist Temple.

Together with children's book author
Apple Sophia Lim, it was created to raise
awareness and increase understanding
of Buddhism among young children.

We would like to express our
sincere gratitude to the donors who contributed
to the publication of this book.

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