

CHILDREN'S PROGRAM - 04

Namo Buddhaya!!

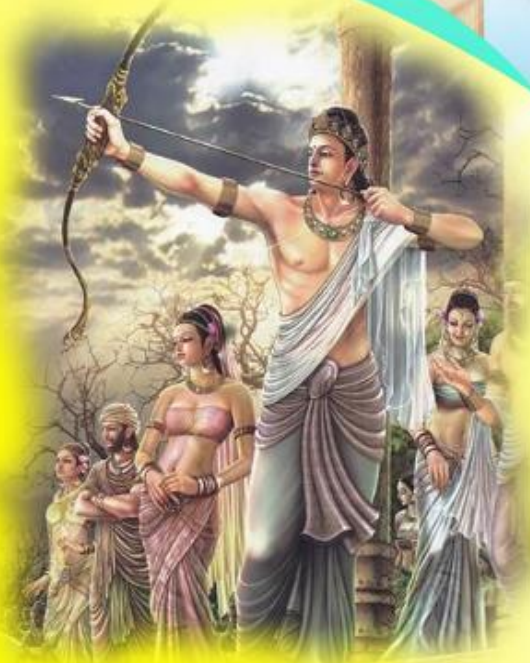
Dear meritorious children,

Today we are going to learn the 4th quality of our great teacher, Supreme Buddha.

The 4th quality of the Supreme Buddha is **"Sugato"**

The prince Siddharatha spent a luxurious life when he stayed at the palace. He had 3 palaces. One was for winter. One was for summer. The other one was for spring. He ate very delicious food. He had very comfortable beds and chairs. He wore very soft and silky clothes. He had a lot of luxuries, more than any other person in this earth.

But he gave up all these things and left to find Enlightenment.

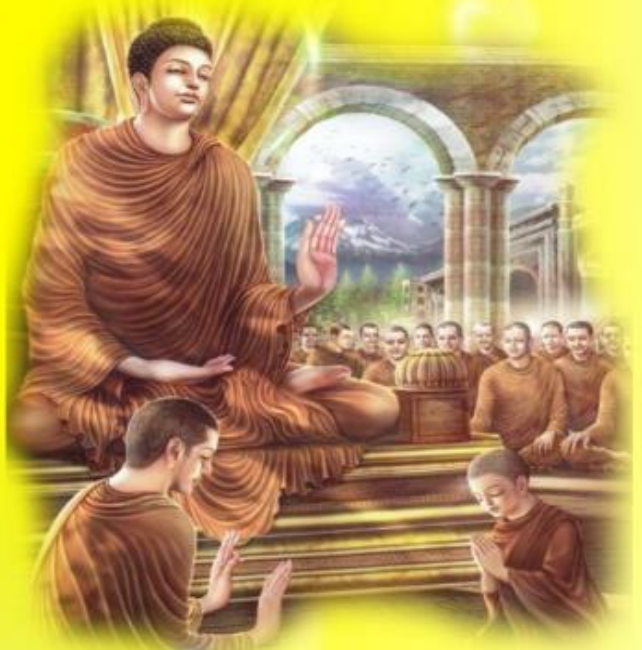


After that he experienced a lot of suffering. He didn't eat much food. Sometimes he ate only one rice grain a day. He spent day and night under trees. He slept on heated rocks in the midnight. Sometimes he dove into cold water in the river during the cold winter. Finally, he stopped eating and drinking. He experienced extreme sufferings for 6 years.



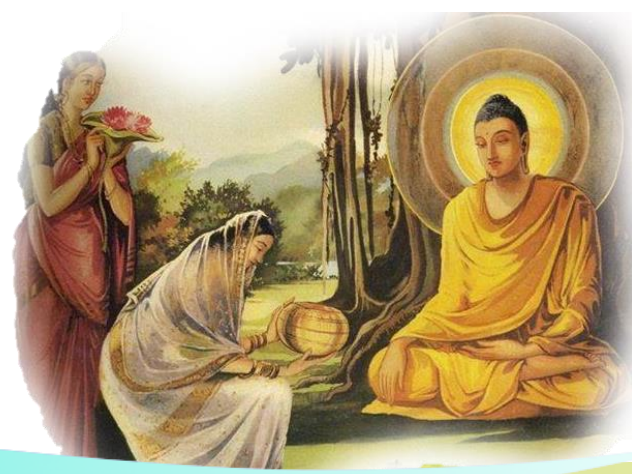
He understood that he can't gain real happiness in this way.

Finally, he found a marvellous path to real happiness himself. That is called the noble eightfold path. He practiced that beautiful path and achieved true happiness called nibbana



That is why the Supreme Buddha is called "Sugato"

HOW TO GIVE ALMS



Dear meritorious children,

One day, an Arahant monk met a ghost who was weeping. He hadn't eaten anything for many years. He was also suffering from deep bleeding wounds in his body. So that ghost asked for help from that Arahant monk.

The Arahant looked at his previous life. Before a long time, he was a human being just like us. One day, he walked along a road eating a sugar cane. A little child came behind him and asked for a piece of sugar cane. But he didn't give. The child asked again and again. But he didn't give.

The child continued to ask. So unwillingly, he gave it to the child turning his hand backwards.

After that life, he was born as a ghost in the ghost world. He got a sugar cane field as a result of giving a piece of sugar cane. But he couldn't enter the field. When he tried to enter the field, his body was cut from sugar cane leaves.

So he was suffering from hunger & thirst and painful wounds.

That compassionate monk told him to go to the field backwards. So he went in that way and entered the field without any problem. On that day, he ate sugar cane as much he wanted.

Why did he get such an unhappy life as a ghost? Because he didn't give in the right way!

Let's learn, how to give alms in the proper way

- (1) **We should prepare it well**
- (2) **We should give it with our own hands**
- (3) **We should give it with respect**
- (4) **We should give a valuable and good thing**
- (5) **We should give knowing that giving leads to good result**

