

## BUDDHISM LESSON 3

### Part 1

Read Buddha's Life Story up to the lesson 5 (Pajapati Gotami takes care of the baby prince) and answer following.

- What are the names including places you come across in the story so far? What's the importance of those characters and places?

### Part 2

Watch the video "Meditation is easier than you think"

- Try to listen to a sound as explained in the video.
- How many minutes you were able to do this sound meditation daily?
- What are the sounds you tried listening to?