

**BUDDHISM LESSON 31.05.2020**

**Part 1**

Read Buddha's Life Story from lesson 6 (The Prince's Loving and Kindness) to Lesson 8 (Rescuing a Swan) and answer following.

- How did Prince Siddhartha show his kindness to animals and other creatures?
- Why he was kind to people, animals and all other living beings?
- What is the name of Prince Siddhartha's cousin?
- Was the cousin a good person or a bad person? Explain why?
- Give two situations where you showed kindness to someone or any living being.

**Part 2**

Watch Loving Kindness Meditation video provided.

- Practice daily as per the video at least 5 mins before you go to sleep,
- Try to build it up to 10 mins by the second week of your practice.
- Feel the difference in your thoughts after starting practising this Metta meditation.
- Continue to practice daily at least 5 – 10 Mins.