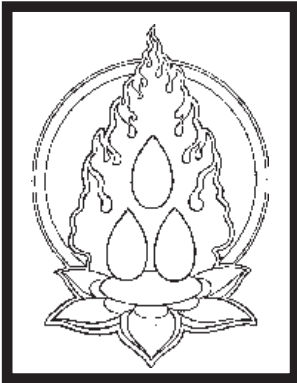


# Remembering Manchester Buddhist Centre



## The Buddhist Centre

Over the front door you saw this symbol of the Three Jewels, representing the three things that are most important in a Buddhist life. Draw, colour in and label the three main parts of it. (If you get stuck, you'll find the three things on this worksheet.)

- Remember what you heard about each of the Three Jewels. Imagine you are a Buddhist and then write down how each of the three special things would help you.

How did you feel when you were in the Centre?

- Did you notice any unusual smells, sounds or pictures?
- Looking around the building, could you tell that the Buddhists really love the Buddha and his teachings? If so, how could you tell?

Think of another place of worship that you have visited, from another religion.

- Write down two things that were similar about the appearance and atmosphere in both places.
- What was different about the two places?
- If you had to go back and spend more time in one of these two places, which one would you prefer visit again? Why?



## The Buddha

- Here is the Buddha-figure you saw on the shrine in the Lotus Hall. Write down three things you know about the Buddha or his life which make you think he was a very unusual or interesting personality.

There is one thing about Buddhism that makes it quite different from most other faiths: the Buddha is the most important person in Buddhism. Buddhists don't believe in a God who made us.



- Explain how the Buddha is different from God.
- Explain why Buddhists worship the Buddha. (If you get stuck, look at the worksheet you used before you went to the Buddhist Centre.)
- Do you think it is possible to live a kind and considerate life if there is nobody in charge, watching us or telling us what to do? Why should we bother?

### The Dharma

The three other things on the shrine, next to the large Buddha figure, are there to make it look beautiful, but they also remind people about three things Buddhists believe.

- Looking at the meaning of each offering, how might your life be affected if you were trying to follow the teaching in each offering?
- All in all, what do you think is the one most important thing Buddhists believe we all need to cultivate, in everything we do, think and say? Do you agree?

### The Sangha

Lots of people come to the Buddhist Centre, for many different reasons.

- Draw a diagram showing all the reasons why you might go there if you were a Buddhist and all the reasons why people who aren't Buddhists often go there. Would the Buddhists and non-Buddhists go there for any of the same reasons?



### Meditation

Buddhists try to train themselves to become wiser and kinder, so that one day, like the Buddha, they too will be Enlightened. Now you have spent time sitting still and relaxing at the Buddhist Centre, you'll have an idea of what Buddhists do when they meditate.

- How did you feel as you sat doing the stilling exercise?
- How do you think meditation might help Buddhists to become kinder, wiser and more considerate?
- Think of three things about you or your life that might improve if you tried to quiet and thoughtful for a few minutes each day. Where might you go to do this?
- What was the most enjoyable, interesting or strange thing you saw or did at the Buddhist Centre? Write it down or draw it.

### Come again!