

# Still Learning

Bringing Buddhism to life for your school

## Teachers' Notes

### The Three Jewels

The 3 jewels represent the three things that are most important to a Buddhist. Even though there are lots of different schools of Buddhism which can practice very differently, it is their 'going for refuge' to the 3 jewels which unites them.

#### The Buddha Jewel

The Buddha was born a man, and by his own efforts he attained enlightenment. The Buddha jewel reminds us that we can all become enlightened, just like the Buddha. The Buddha jewel represents the ideal of enlightenment to which all Buddhists aspire.

#### The Buddha Jewel



#### The Dharma Jewel

'Dharma' literally means 'truth', and is used to talk about the teachings of the Buddha. The Dharma jewel reminds us that the Buddha taught the truth about reality, and if we act in line with his teachings we will know the truth of reality for ourselves.

#### The Dharma Jewel

#### The Sangha Jewel

#### The Sangha Jewel

'Sangha' means 'spiritual community', and refers to the community of practicing Buddhists, and all other Buddhist who have come before us. The Sangha jewel reminds us that we can't become enlightened on our own, and that we need the help and support of our friends and teachers

### Q. Why are there so many lists in Buddhism?

A. Buddhism was originally an oral tradition and was passed down for several hundred years just by word of mouth before it was eventually written down. The monks would gather together every full moon to recite the teachings to make sure they had remembered them correctly. Lists were a useful way of remembering the teachings - if the Buddha had mentioned four things, and you could only remember three, then you knew you had left one out!