

## Karuna Exam Review 2019

### The teachers of Ascetic Siddhartha

- Alara Kalama
- Uddaka Rama Putta

### Salutation to Buddha “Ithipiso Gatha” and its meaning

Iti’pi Sō Bhagavā Araham Sammā Sambuddhō

Vijjā charana Sampannō Sugatō Lōkavidū

Anuttarō Purisadamma Sārathi

Sathā Dēva Manussānam Buddhō Bhagavā’ti

**Araham** – The Buddha had overcome all the weaknesses

**Sammā Sambuddhō** - The Buddha realized (understood) the “Dhamma” by himself (without a teacher)

**Vijjā Charana Sampannō** – “Vijjā” means science or knowledge. “Charana” means well-behaved. “Sampannō” means talented. So Buddha was talented with knowledge and well-behaved.

**Sugatō** – Buddha was a nice and pleasant human being. He was a great speaker, who used appropriate words on appropriate time to guide others.

**Lōkavidū** – Buddha knew the world very well.

**Anuttarō Purisadamma Sārathi** – Buddha was a greatest teacher to control all beings.

**Sathā Dēva Manussānam** – Buddha was the greatest teacher to gods (deva) and humans.

**Buddhō** – Buddha was the one who enlightened.

**Bhagavā’ti** -. Buddha was fortunate and blessed one.

## Salutation Mother

Dasa Mase Ure Kathva - Poesi Vuddhi-karanam  
Ayu Deegham Vassa Satam - Matu Padam Namamaham

**Meaning:** Loving mother, you carried me inside your body for ten months. You gave birth to me and raised me. I worship you at your feet and wish you a long life of one hundred years.

## Salutation to Father

Uddhikaro Alingithwa - Chumbithwa Piyapuththakam  
Raja Majjan Supathiththan - Pithu Padam Namamaham

**Meaning:** Loving father, you are raising me and taking care of me to become adorable child, hugging me and doing so much for my progress. I worship you at your feet and wish you a long life of one hundred years.

## Buddhist Flag

Buddhist flag was first hoisted in Sri Lanka on 28<sup>th</sup> of April, 1985

This is the Buddhist Flag and it has following colours; blue, yellow, red, white, and orange



## Triple Gems

Buddha - The fully enlightened one

Dhamma – Teaching of Buddha

Sanga – Monks and nuns, who practice Dhamma and live in temples

## Prince Rahula



Rahula was the only son of Prince Siddhartha and Princess Yashodhara. He was named “Rahula” by his grandfather, King Suddhodana. Because the first word Prince Sidhartha said on hearing about the birth of his son was RAHU. The meaning of RAHU is an obstacle. Prince Siddhartha thought new born son will be an obstacle for him to leave the palace to search the path to end the suffering of this world. But

with a heavy heart, Prince Siddhartha left his beloved wife and son to search the path to end the suffering.

**Little Prince Rahula saw his father, Lord Buddha, when he was at the age of seven (7).** Princess Yashodara pointed out Buddha to Rahula from the balcony of the palace and said, “Son, that is your father – go ask for your inheritance”.

As instructed, little prince approached his father and asked for his inheritance. Then, he said to his father “Lord, even your shadow is pleasing to me.” Rahula then followed the Buddha back to the Nigrodharama temple, where he was residing. Buddha thought, the best gift for his son is Dhamma, because the treasures and wealth cause suffering.

Then, Rahula became a Bhante and his teachers were Bhante Sariyuth and Bhante Mugalan. Little Bhante Rahula was very obedient and polite monk. He was very eager to accept advices and instructions. Each morning he would rise and taking handful of sand, throw it up in the air saying “today may I receive from my teachers as much advice and instruction as these grains of sand”. And, he followed those advices and instructions to become very obedient monk.



## Our Temple

Our Temple is the place we visit to pay respect to our Lord Buddha and to Noble Monks as well as to learn Buddha’s Dhamma. For Buddhists the temple is the most respectful place to visit. In temples we can see the Stupa, the Bodhi Tree and the Shrine with Buddha Statue. These are the symbols that help us remember our great teacher Lord Buddha, his noble qualities and wisdom. Noble Monks are there to deliver Buddha’s teachings to us. It is every Buddhist’s

responsibility to take care of the temple and the monks who reside in the temple. We should take flowers, candles, incense, water, fruit juice, and tea to the temple to offer Buddha.



The first stupa in Sri Lanka is Thuparama Vihara and here is the picture of it;

### **Vesak full moon poya day**

Buddhists of all over the world celebrate the three most important life stages of Buddha on Vesak full moon poya day. They are birth, enlightenment and death of Buddha. As Buddhists we observe Sil, go to temple, give Dansal, sing Vesak devotional songs and make veak lanterns to celebrate Vesak.

### **Poson full moon poya day**

Poson full moon poya is very important day for Sri Lankans, because Arahath Mahinda (Mihindu) brought Buddhism to Sri Lanka on that day. Arahath Mihindu came to Sri Lanka with 6 companions. King Devanampiyathissa was king in Anuradhapura (capital of Sri Lanka) at that time. We celebrate Poson in month of June. As Buddhists we observe Sil, go to temple, give Dansal, sing poson devotional songs to celebrate Poson.

### **Meditation**

Meditation is practicing mindfulness. In meditation, you focus and clear your mind. It calms down your mind and cleans out all bad thoughts. When you practice mediation, you try to focus on something with all your attention and not let your mind get distracted or get mixed up in bad thoughts or feelings.

### **Why practice meditation?**

1. It makes you happy when your mind is clear and focused. You can forget about all your problems and just be yourself. You will stop thinking about the past, future and be happy with what you have here and now.
2. Meditation teaches you many things. It teaches you about yourself and the other things around you. It teaches you how your mind works.
3. Meditation makes you a better person because it makes your mind clear and clean. It will make you less angry, greedy, and confused.

### **How to practice meditation?**

Find a quiet place - Sit or stand comfortably

#### **Types of Meditation:**

- 1) Breathing meditation
- 2) Loving kindness meditation (Metta meditation)
- 3) Body focus meditation