	III	IV Buddhism for Kids by Ashin Kela	ısa	Contents	V	VI Buddhism for Kids by Ashi	n Kelasa	Contents	VII
Contents Acknowledgements Preface to 'Buddhism for Kids' Introduction Chapter I The Buddha Who was the Buddha? 1 Who was the Buddha? 2 Nine Virtues of the Buddha 1 Nine Virtues of the Buddha 2 Nine Virtues of the Buddha 3 What is Tisaraṇa? Threefold Refuges 1 Threefold Refuges 2 Why do we take refuge in the Buddha? Is Buddha a God?	VIII IX X 1 3 4 5 7 8 10 11 13 14	What is a Samanera in Theravada Buddhism? What is a Bhikkhu in Theravada Buddhism? What is a Bhikkhuni in Theravada Buddhism? The Nine Virtues of the Sangha 1 The Nine Virtues of the Sangha 2 Why do we take refuge in the Sangha? What is an Arahant in Buddhism? The Nine Virtues of the Sangha 2 Why do we take refuge in the Sangha? What is an Arahant in Buddhism? The Nine Virtues of the Sangha 2 Why do we take refuge in the Sangha? What is Arahant in Buddhism? The Nine Virtues of the Sangha 1 The Nine Virtues of the Sangha 2 Why do we take refuge in the Sangha? What is Anical Teachings of the Buddha What is Anical (Impermanence)? What is Dukkha?	29 30 32 33 35 36 37 38 41 42 44 46 48 49 50	The Dhammacakkappavattana Sutta Chapter VI Kamma and Rebirth What is Kamma? What is Akusala in Buddhism? What is Kusala in Buddhism? Is there life after death in Buddhism? Kamma and Rebirth What is Saṃsāra? The Wheel of Life What is Paṭiccasamuppāda? What is the concept of Anatta (no-soul)? How can Rebirth continue without soul? Chapter VII Spiritual Practices What is meditation? Why do we meditate? What is Samatha meditation in Buddhism? What is Vipassanā meditation in Buddhism?	68 71 72 73 74 76 77 79 80 82 84 86 87 88	Offering light to the Buddha statue Offering flower to the Buddha statue Offering water to the Buddha statue Offering food to the Buddha statue Offering perfumes to the Buddha statue Offering perfumes to the Buddha statue Do Buddhists worship the Statues? Are Buddhists idolaters? Chapter XI Some Buddhist Believes What is Deva in Buddhism? What is Māra in Buddhism? What is Brahma in Buddhism? What is Niraya in Buddhism? The Four Woeful States What is Peta in Buddhism?	106 107 108 110 111 112 114 115 117 118 119 120 121	The Fourth Buddhist Council The Fith Buddhist Council The Sixth Buddhist Council Chapter XIV Buddhist Symbols Buddha's Relics Buddha's Footprint Stupa or Pagoda The Bodhi tree A Buddha Statue Lotus Flower Dhamma Wheel Buddhist Flag Chapter XV Buddhist Festivals	138 140 141 142 143 144 146 147 148 149 150
Chapter II The Dhamma What is the Dhamma? Six Virtues of the Dhamma 1 Six Virtues of the Dhamma 2 What is Sanditthiko? What is Ehi Passiko? Why do we take refuge in the Dhamma? 1 Why do we take refuge in the Dhamma? 2 The Tipiṭaka Chapter III The Sangha What is Sangha in Theravāda Buddhism? 1	16 18 19 20 21 22 24 26	What is Anatta (no-soul)? What is Sīla? What is Paññā? The Four Noble Truths 1 The Four Noble Truths 2 What is Dukkha-sacca? What is Samudaya-sacca? What is Nirodha-sacca? What is Nibbāna? What is Magga-sacca? What is Noble Eightfold Path? 1 What is Noble Eightfold Path? 2 What is Majjhima-paṭipadā?	52 53 54 55 57 58 61 61 62 64 65 66 67	Chapter VIII Meditation Guides (1) Guided Muscle Relaxation Meditation (2) Ānāpānasati Meditation (3) Body Scanning Meditation (4) Buddhānussati Meditation (5) Kāyagatāsati Meditation The Chant of Metta Metta Sutta Chapter IX Practices for Lasting Joy Mangala Sutta Four Brahmavihāras What is Pāramī?	90 92 93 94 95 97 98 99	Chapter XII Buddhism in General Basic Buddhism 1 Basic Buddhism 2 Basic Buddhism 3 What is Buddhism? What is Theravāda Buddhism? 1 What is Theravāda Buddhism? 2 Is Buddhism a religion? Chapter XIII Six Buddhist Councils What is Buddhist Council? The First Buddhist Council The Second Buddhist Council The Third Buddhist Council	123 124 125 127 128 130 132	What is Vesak day? What is Kathina Robe? What is Vassa Robe? What is Water Festival? Chapter XVI Great Buddhist Dovotees King Bimbisāra King Ajātasattu Anāthapindika Lady Visākhā King Asoka the Great	151 153 155 156 158 159 160 161 162