

# Lecture 1 Notes

## Lecture Summary

- ✎ Gautama Buddha was born as Prince Siddhartha Gautama in Lumbini (modern-day Nepal) around the 6th century BCE
- ✎ He renounced his princely life and became an ascetic
- ✎ At the age of 35, while meditating under the Bodhi tree in Bodh Gaya, he attained enlightenment and became the Buddha
- ✎ For the rest of his life, Buddha traveled across India, teaching the principles of Dharma, the truths he discovered, and the path to Nirvana
- ✎ His teachings spread widely, becoming the foundation of Buddhism

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