

Lecture 1 Notes

Lecture Summary

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