**Table of contents**

**Introduction**

**Gratitude to the Buddha**

**Acknowledgement**

**Abbreviations**

**Section 1: The Birth of the Buddha Gotama**

**Section 2: Childhood and Family Life of Prince Siddhartha**

**Section 3: The Life of Ascetic Siddhartha (Ages 29–35)**

**Section 4: The Enlightenment of Buddha Gotama (At Age 35)**

**Section 4-1: The Founding of the Fourfold Assembly**

**Section 5: The Greatness of the Buddha**

**Section 6: Titles and Epithets of the Buddha**

**Section 7: The Buddha—The Supreme Teacher of the World**

**Section 8: Praise and Criticism – The Buddha’s Unshaken Wisdom**

**Section: 9: The Past Lives of the Buddha**

**Section 10: The Profound Greatness of the Buddha's Teachings**

**Section 11-1: Advice and Guidance to the Sangha**

**Section 11-2: Advice and Guidance to Lay Followers**

**Section 12: The Similes and Metaphors of the Buddha**

**Section 13: Introduction: Summary of the Forty-five years of Buddha’s Great Service to the World**

**Section 13:1: First Teaching Tour and the First Rainy Season**

**Section 13:2- Second and the Third Walking/ Teaching Tours**

**Section: 14-1: The Buddha Meeting King Seniya Bimbisāra of Magadha**

**Section: 14-2: Rājagaha to Kapilavattu the Fourth Walking Tour and**

**Kapilavattu to Rājagaha: the Fifth Walking Tour**

**Section: 14-3: Second to Fourth Vassa Spent in Rājagaha (Age 36-39)**

**Section: 15-1: Fifth Vassa Spent in Vesālȋ (Age 39)**

**Section: 15-2: Sixth to Eighth Vassa- Age 40 - 42 Years**

**Section 15-3: Ninth to Tenth Vassa (Age 43–44)**

**Section: 15-4: Eleventh and Twelfth Vassa (Age 45 to 46)**

**Section: 16-1: Thirteenth, Fourteenth and Fifteenth Vassa (Age 47 to 49)**

**Section: 16-2: Sixteenth to Seventeenth Vassa (Age 50-51)**

**Section: 16-3: Eighteenth to Nineteenth Vassa (Age 52-53)**

**Section: 17: Twentieth Vassa (Age 54)**

**Section: 18: Twenty-first to Forty-fourth Vassa in Savatthi (from Age 55 onwards)**

**Section 19: The last Vassa and the Final Passing-away.**