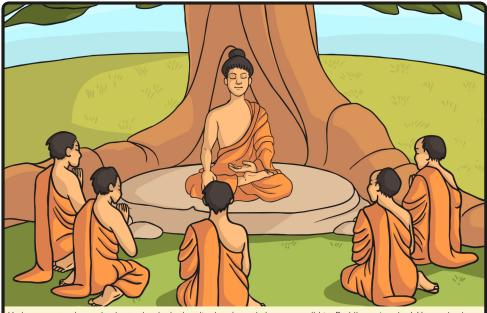




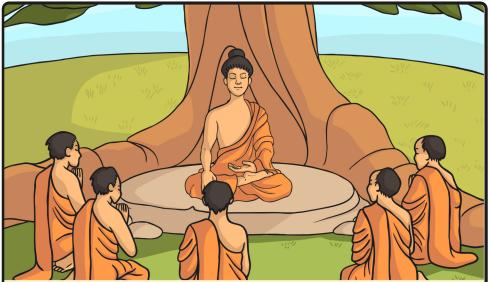
These four sights were a turning point for Siddhartha. He wanted to know if there was more to life than sickness, old age and death so he decided to leave his riches behind and go and find out for himself.



Dressed as a monk, he went to meditate under a Bodhi tree and promised himself that he wouldn't rise again until he found the truth. As he sat, he thought carefully about the past, present, future and the four sights he saw when he left the palace. After some time, he realised there was a way for people to end their pain and sadness. Within this moment, he became wise and enlightened.



He began to teach people about what he had realised and people began to call him Buddha or 'teacher'. He taught them the Four Noble Truths.



The first Noble Truth was about the fact that suffering exists. Our lives are a struggle. The second was about the cause of suffering. We create some of our own difficulties in the way we think. The third was that it is possible to end suffering, by realising we cause some of our own difficulties. And the fourth explained the path (the Noble Eightfold Path) to be followed in order to end suffering.