

# A Sketch of the Buddha's Life

## Readings from the Pali Canon

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*"Indeed, the Blessed One is worthy and rightly self-awakened, consummate in knowledge & conduct, well-gone, an expert with regard to the world, unexcelled as a trainer for those people fit to be tamed, the Teacher of divine & human beings, awakened, blessed."*

— [AN 11.12](#)

This selection of excerpts from the Pali canon provides a rough outline of the life of the Buddha.

*The Life of the Buddha* by Bhikkhu Ñānamoli (Kandy: Buddhist Publication Society, 1992).

## The Awakening \_

[Date: [-45 BE](#)]

## He finds the Middle Way

"There are these two extremes that are not to be indulged in by one who has gone forth. Which two? That which is devoted to sensual pleasure with reference to sensual objects: base, vulgar, common, ignoble, unprofitable; and that which is devoted to self-affliction: painful, ignoble, unprofitable. Avoiding both of these extremes, the middle way realized by the Tathagata — producing vision, producing knowledge — leads to calm, to direct knowledge, to self-awakening, to Unbinding.

"And what is the middle way realized by the Tathagata that — producing vision, producing knowledge — leads to calm, to direct knowledge, to self-awakening, to Unbinding? Precisely this Noble Eightfold Path: right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration. This is the middle way realized by the Tathagata that — producing vision, producing knowledge — leads to calm, to direct knowledge, to self-awakening, to Unbinding."

— [SN 56.11](#)

-This shows that Buddhism teaches love and compassion and promotes non-violence.

-It also reflects the 4 Noble Truths.