



“We are shaped by our thoughts.
We become what we think. When the mind is pure,
joy follows like a shadow that never leaves.”

Buddha

Siddhartha Gautama, the person known as Buddha, 563 BCE-483 BCE, was a world renowned spiritual teacher and the central figure of Buddhism. It is said that, he was a prince, shielded from human suffering and provided with everything he could want. Compelled to find deeper meaning in life, he renounced his wealth and embarked on a journey of spiritual discovery, that ultimately led to attaining "Enlightenment". Buddha taught that the nature and cause of human suffering is ignorance, that a path of moderation, called the Middle Way, is the solution and that there is a state of supreme liberation called Nirvana, that is possible for any being to achieve.