Name:

Belief Systems- Buddhism

The Buddha Stressed the 4 Noble Truths:

1. Everyone suffers
2. Suffering is caused by desire
3. To end suffering you must end desire
4. To end desire you must follow the Eightfold Path

He realized this was challenging…so he added the Eightfold Path:

What would you identify as your most selfish desire? Explain-

Do you believe that giving up this selfish desire would make you more happy? Explain-

Read the article “What Tibetan Buddhism can teach us about Happiness”. (Linked on site)

2 Paragraphs

1. Summarize
2. Opinion

Your Article Review:

Belief Systems Movie- *Groundhog Day*

Is this movie an allegory for Buddhism, or is it simply a fun, silly movie about a strange holiday here in the United States? Explain

Cite 3 scenes that help you prove this:

Scene #1: Approximate Time:

Describe- How it shows your claim:

Scene #2: Approximate Time:

Describe- How it shows your claim:

Scene #3: Approximate Time:

Describe- How it shows your claim: