

Buddhism

Hello, my name is Chris Ulysse. I am a Sophomore, DMR Major from Miami South Florida.

Presentation – About 10-20 slides on Buddhism

Introduction:

Good [morning/afternoon/evening], everyone, and welcome! Thank you all for being here today as we explore one of the world's oldest and most profound spiritual traditions—Buddhism. Whether you're completely new to Buddhism or already familiar with some of its teachings, I invite you to approach this talk with curiosity and an open mind.

Let me start with a question: What makes you happy? Who makes you happy? Why did you wake up today? What are your goals? Who are you? Have you ever found yourself searching for lasting happiness or wondering why suffering exists? What do you think true happiness really means? Do you believe we can train our minds to be more at peace?

Order of presentation:

Who is Siddhartha Gautama – Name, Background, his journey, Meditation?

“What comes to mind when you think of Buddhism?”

What is Buddhism and Its Purpose

Key Concepts: One of the foundational teachings of Buddhism is the 4 Noble Truths, which address the nature of suffering, its cause, and how we can overcome it. The Buddha himself embarked on what is called “The Noble Quest” - his journey of self discovery that led him to enlightenment.

Transition:

“Throughout this presentation, we’ll explore these ideas in more detail. I hope that after this presentation you will all be able to gain. Whether you see Buddhism as a philosophy, a practice, or a spiritual path, there’s something valuable for everyone.”

Activity – Write down on a card your thoughts on buddhism. What makes you happy and sad. What do you depend on and what can you live without.