Establishment of the Sangha:

To teach the Dharma, the Buddha needed people who would become his disciples - this marks the establishment of the Sangha.

1st turning of the Dharma Wheel

The Buddha said “the sufferings in the world are oppressive; the perfection of life is achievable; and the path to liberation is attainable.”

2nd turning of the Dharma Wheel

“My sufferings are that which you already come to realize; all such afflictions and ignorance are that which I have already eradicated; such eternal life is that which I have already attained; these ways are that which I have already tread and completed”

3rd turning of the Dharma Wheel

The Buddha understood that his disciples had their own character and their lives differed, so he taught according to his disciples’ aptitudes and needs.
the intention of the Buddha’s daily routine was “to encourage his disciples to practise, meditate, study the teachings and carry out their chores diligently.”

Daily Routine:
- Prayers for ourselves and others
- Alms rounds in the morning
- Regular meal procedures
- Practice after teachings
- Teaching individuals and groups
- Teaching through interaction

The Six Paramitas:
- Generosity
- Discipline
- Patience
- Diligence
- Concentration
- Wisdom

Buddha developed Precepts as the need arose for the protection of the Sangha

Buddha traveled and taught for 49 YEARS

- Avatamsaka Sutra (21 days)
- Lotus and Nirvana Sutras (8 years)
- Prajñāpāramitā Sutra (22 years)
- Agamas (12 years)
- Vaipulya Sutras (8 years)