

# The Four Gratuities in Buddhism

Sakyamuni Buddha taught us The Four Gratitude, which we should always remember through our lives.

## 1-Gratitude for One's Parents

The first gratitude in Buddhism is having appreciation for our parents for giving us the gift of life with their unconditional care and love through our lives.

*We must show our gratitude by caring for them when they are in need.*

## 2-Gratitude for One's Teachers

Teachers guide us and provide us with skill and knowledge to help us grow to our full potential and encourage us to always learn to the best of our ability.

*We must always be respectful to our present teachers, be grateful and remember them through our lives.*

## 3-Gratitude for One's Country and Society

Our government supports our livelihood, and our environment is connected to everyone. We owe gratitude to our nation because it helps us to acquire *the necessities we need for our daily lives.*

*We should protect our country by being loyal and compassionate toward the environment and to its people.*

## 4-Gratitude for the Three Treasures of Buddhism

The three treasures are:

### 1-Shakyamuni Buddha

The Buddha obtained enlightenment and found the path for people to end their pain and sadness.

### 2-The Dharma

The teaching of the Buddha

### 3-The Shanga

The community of monks and nuns who devote their lives, bringing Dharma to those in need, in the hope that they can become wise and happy. They do this by sharing Buddha's teachings in order to help people find happiness.

*As Buddhist, We can express our utmost gratitude to The Three Treasures by following the teachings of Shakyamuni Buddha; this is done by following the Dharma path because it will bring much happiness and peace to us and everyone around us.*