

Buddhist Centre

london
buddhist
centre

Thursday 5th June, 2025



Year 3 went on an amazing trip to the London Buddhist Centre, in Bethnal Green. It is in an ex fire station that was redeveloped to become the new home of the local Triratna Buddhist Community in 1978.



Triratna, meaning 'Three Jewels' is the Buddhist order that runs the LBC. They try to follow the teachings of the Buddha and live ethical lives. The three jewels in their symbols represent The Buddha, The Dharma (his teachings), and the Sangha (the Buddhist community).



When we arrived, our host, Shraddhasara, welcomed us and took us into the greeting room. She taught us about The Buddha, and a bit about how to live as a Buddhist in the modern world.



After her introduction, we were taken into the shrine room, where we learnt even more, and took part in a mindful meditation focusing on our breathing and the sounds around us.

