










# Who is the Buddha?

**Shop for Cheap Buddha Statues at 30-50% off!**

				
Amber Buddha Statue	Bronze Buddha Statue	Buddha Statue Garden	Golden Buddha Statue	Jade Buddha Statue
				
Japanese Buddha Statue	Kwan Yin Statue	Laughing Buddha Statue	Porcelain Buddha	Silver Buddha Statue
				
Sitting Buddha Statue	Thai Buddha Statue	Tibet Buddha Statue	Wood Buddha Statue	Thai Buddha Amulet

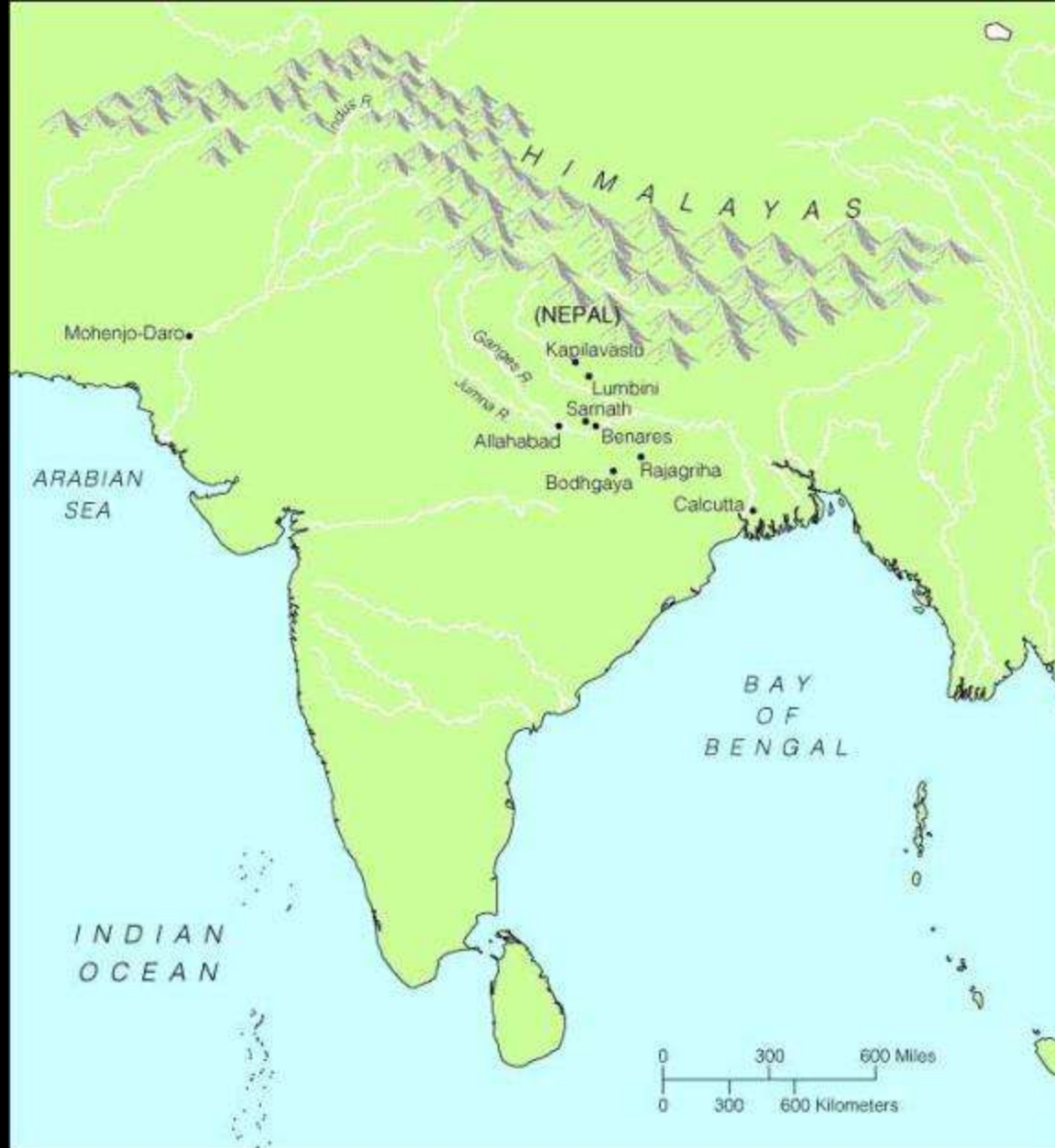


Buddha statue at Lin Shan Temple in Wuxi, China

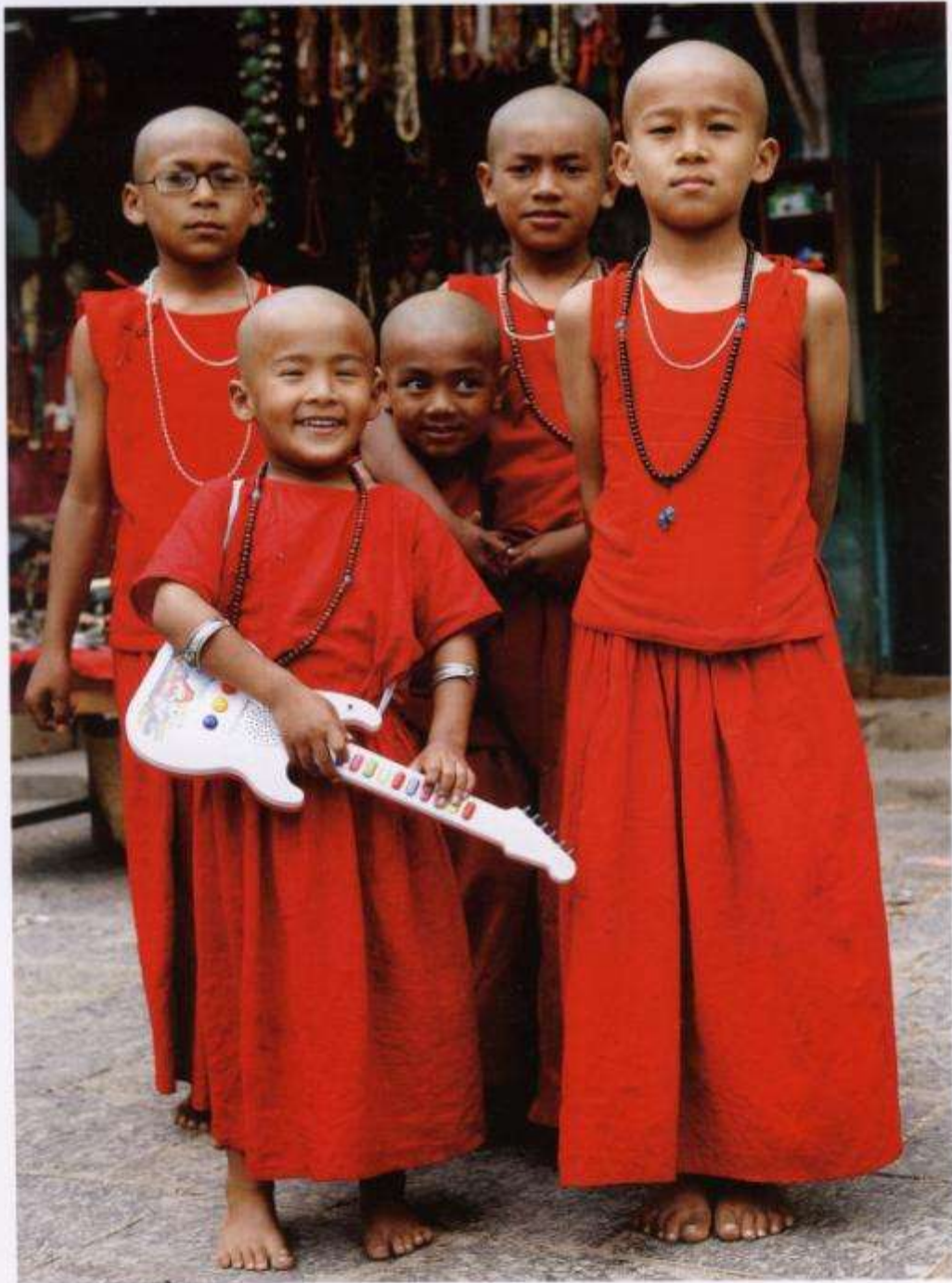


Tradition says around 566 B.C.E. Siddhartha Gautama (**Shakyamuni**) was born as the prince in a region of India that is present-day Nepal.

He sat under the **Bodhi** tree and awakened.



Sites of early Buddhism



Nepal, Kathmandu. Swayambhunath Temple or "Monkey Temple." A group of young monks playing around the temple.

# Theravada Buddhism – most popular in South East Asia





# Mindfulness Meditation

Scene from "*Doing Time, Doing Vipassana*"



Buddhist protesters in Myanmar  
recited the  
Scripture on “**Loving Kindness**”





Lotus



Half Lotus



Burmese



Zafu (pillow)



Seiza



Chair



First, watch, contemplate yourself.

“What is called the study of Buddhism is study of oneself”

-Dōgen

The feeling of ones own breathing...honor that we can breath.





# The Three Jewels

The Buddha

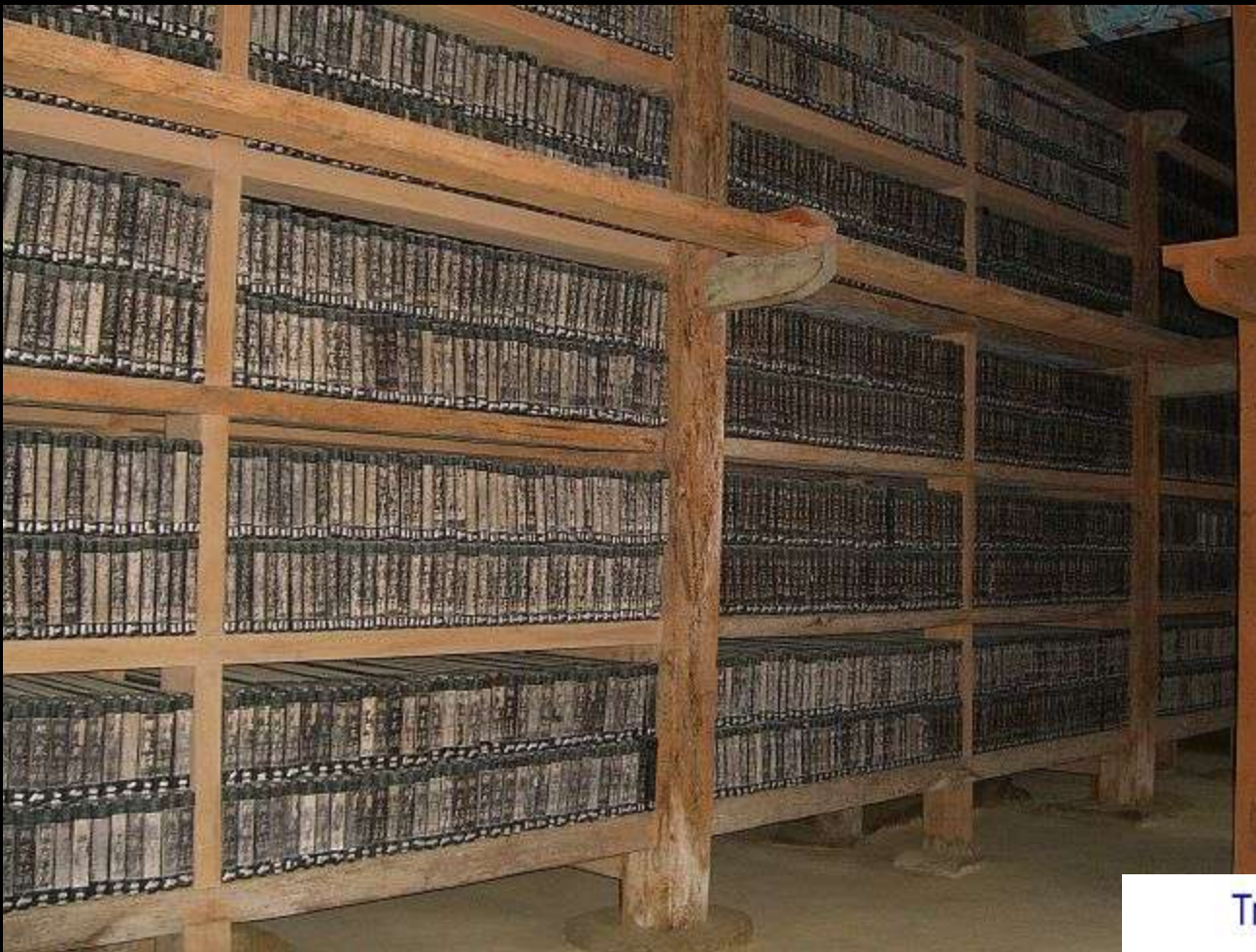
佛

The Dharma

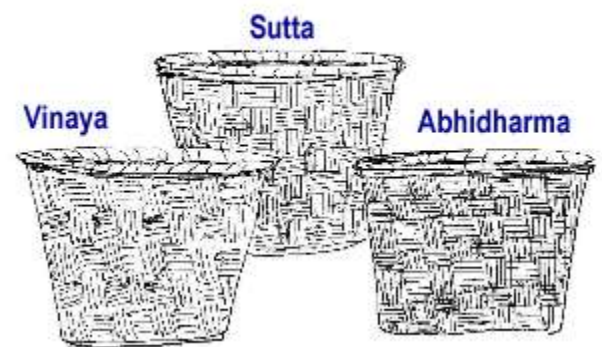
法

The Sangha

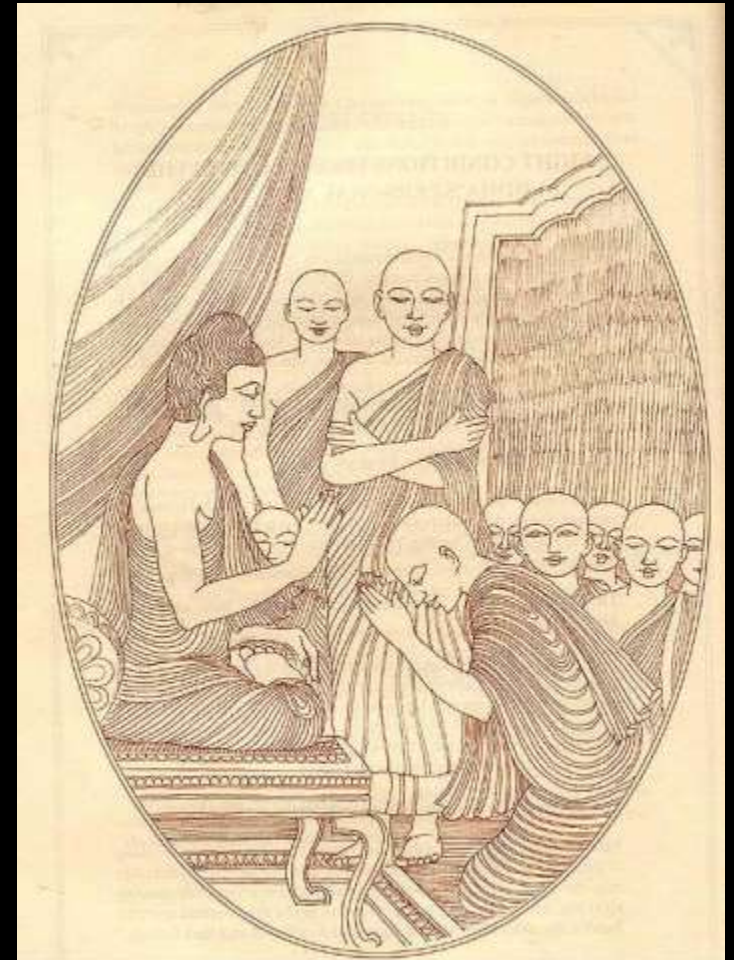
僧



## Tripittaka - Three Baskets



What did the Buddha teach at **Deer Park** to **bhikku** like **Ananda**?



Buddha Discourses to Ananda

**The Buddha taught that there is “no self.” What we call the “self” is no more than the “five aggregates” (form, feeling, perceptions, impulses, consciousness).**

**The Four Noble Truths of Buddhism:**

**The First Noble Truth: “All life is perpetual dissatisfaction (suffering).”**

**The Second Noble Truth: “Suffering is caused by desire.”**

**The Third Noble Truth: “To end suffering, end desires.”**

**The Fourth Noble Truth: “To end desires (and suffering), follow the Eightfold Path.”**

**The Eightfold Path is an outline for Buddhist practice; eight things you should do to end suffering.**

**In Buddhism, believing in an eternally abiding “self” and letting desires rule your life is called “ignorance.”**

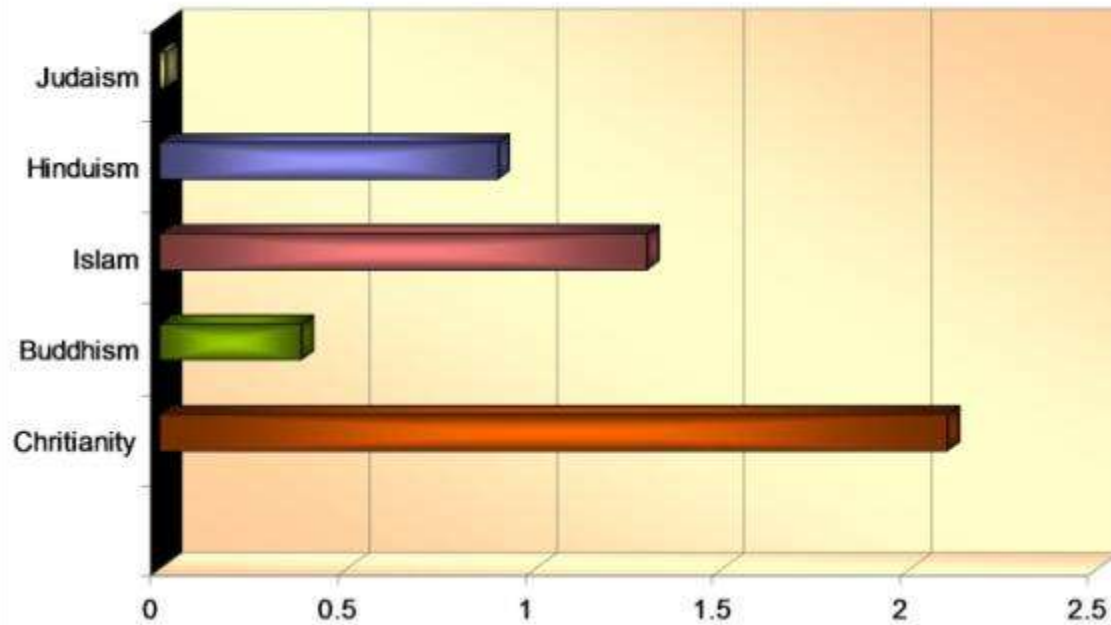
**The Buddha taught the Middle Path**



## How many Buddhists are there?



Population in Billions



# Major Buddhist countries







Pillar erected by King Aśoka, mid-third Century BCE, Polished sandstone



Aśoka divided the Buddha's relic bones and  
built **stupas**.

# Mahāyāna Buddhism (contrasts with “Hinayana”)



Amida Buddha; Japan, 12th century  
Wood with traces of lacquer and gold  
34 1/2 x 27 x 21 1/2 in. (87.63 x 68.58 x 54.61 cm)

**Why does the Buddha look like that in statues?**











## **The Buddha**

India, Uttar Pradesh, Sarnath area; Gupta period (c. 319 - 6th century), about 475 CE  
Sandstone; H. 34 1/8 in. (86.7 cm); W. 17 5/8 in. (44.8 cm).  
Mr. and Mrs. John D. Rockefeller 3rd Collection of Asian Art









Burma, Buddha hand



Lin Shan Temple in Wuxi, northeast of Shanghai



**Bhumi-parsha**



**Dhyana**



**Dharmacakra**



**Varada**



**Abhaya**

Important mudras in Buddhist iconography.

## Why is the Buddha Fat?



**Great bronze Amida (Daibutsu) at Kamakura, Japan, 1252.**





Yaksha

Field deity of fertility. India, Maurya period (c. 3rd century BCE).





Kushan Dynasty, 2nd– 3<sup>rd</sup> century CE.  
Gandhara, India. 33.5 inches high. India.

# Are Buddhists vegetarians?



What is the Buddha's **Nirvana**?





## **Reclining Buddha**

**under construction in Mawlamyine - Myanmar (Burma)**

**Depicts the Buddha's *parinirvana*.**

**“ultimate truth”: emptiness.**

**How many Buddhists does it take to change a light bulb?**



A: None. There is no light bulb nor Buddhist.

A: None. They are the light bulb.

A: None. The Universe spins the bulb, and the Buddhist stays out of the way.

A: None. Buddhists carry their own light.

A: Two: one to change the bulb and one not to change it.



# Mara holds the Wheel of Life

TIBETAN TANKA  
The Six States, The Wheel of Life

Three  
poisons

