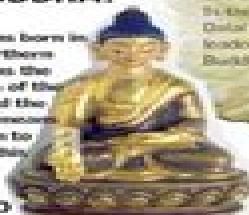


Buddhism

WHO WAS BUDDHA?

Siddhartha Gautama was born in the Ganges Valley in northern India in 563 BC, and was the son of King Shuddhodana of the Shakyas tribe. He reached the state of Buddha, which means "enlightenment" and became the protector of the message of the religion.



PHILOSOPHY AND HABITS

Buddhism preaches the pursuit of a state of "perfect wisdom". Once reached beyond pain and desire, it is most concerned in abstaining from the eight mortal things and to live a simple life, immersed in a form of liberation and approach to knowledge.

INSTRUMENTS OF PRAYER

PRAYER WHEEL

When the prayer wheel is turned, six mystical syllables are pronounced belonging to the sacred mantra (Ommantra).

THE GREAT MANTRA

Mantras, written on strips of rice paper, are placed inside the wheels.

Each turn of the wheel represents a recitation of the prayer inside to be repeated in the heart.



The waga or shofar is always held in the right hand.



The bell, held in the left hand, represents the female principle.



VAJRA OR DORJE

This symbolic symbolizes the indestructible diamond, symbol of male generative principle.

OM

In the mystical syllable containing in itself all the sounds, it represents the divine principle and is used as "key" for meditation.



TIBETAN PRAYER BELLS
Are used during meditation.

Mantra engraved in Sanskrit.

The bowls are made from an alloy of seven metals to achieve the sound Om.



Is one of the major world religions. Buddhism is characterized by a conception of life based on self-confidence, tolerance and nonviolence.



THE FOUR TRUTHS

Was the first sermon of Buddha, and is still the core of his message:

- Existence involves suffering.
- Suffering is caused by desire.
- The suppression of desire will abolish pain.
- Detachment, leading to salvation, can be attained by the elimination of desire.

BASIC PRACTICES

Head shaving is practiced to get rid of personal vanity.

Robe is used as a symbol of renunciation.



A "perfect wisdom" can be achieved as the quiet of the mind.

The practice of prostration shows a way of respect for living beings.

Fundamentals Of Buddhism

Peter D. Santina

Fundamentals Of Buddhism:

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- Chapter 5: Conclusion

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