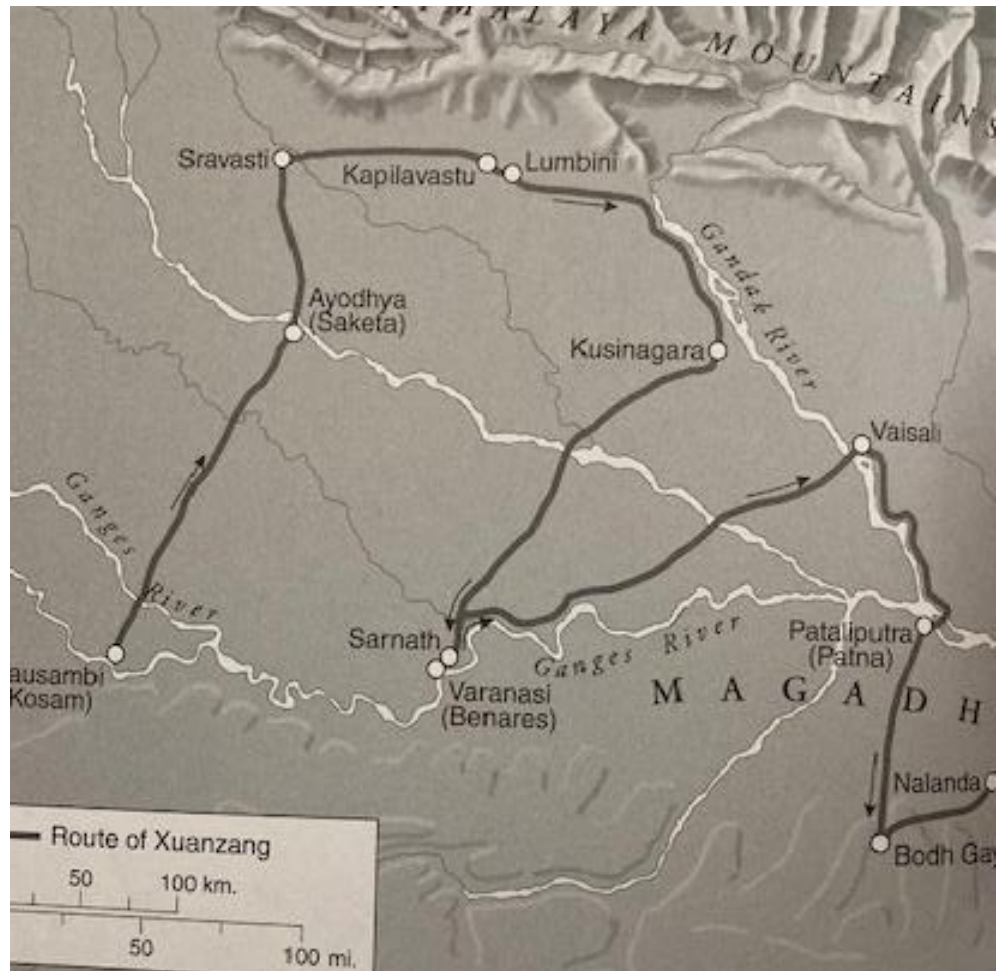
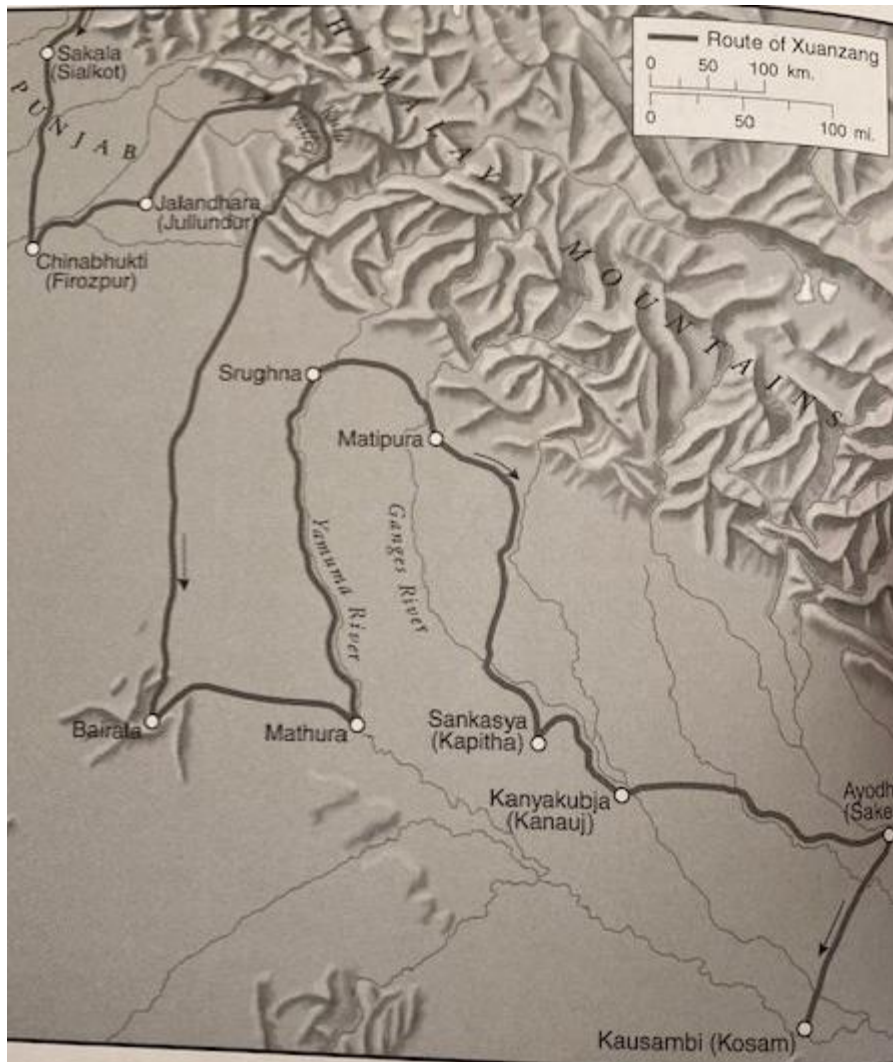


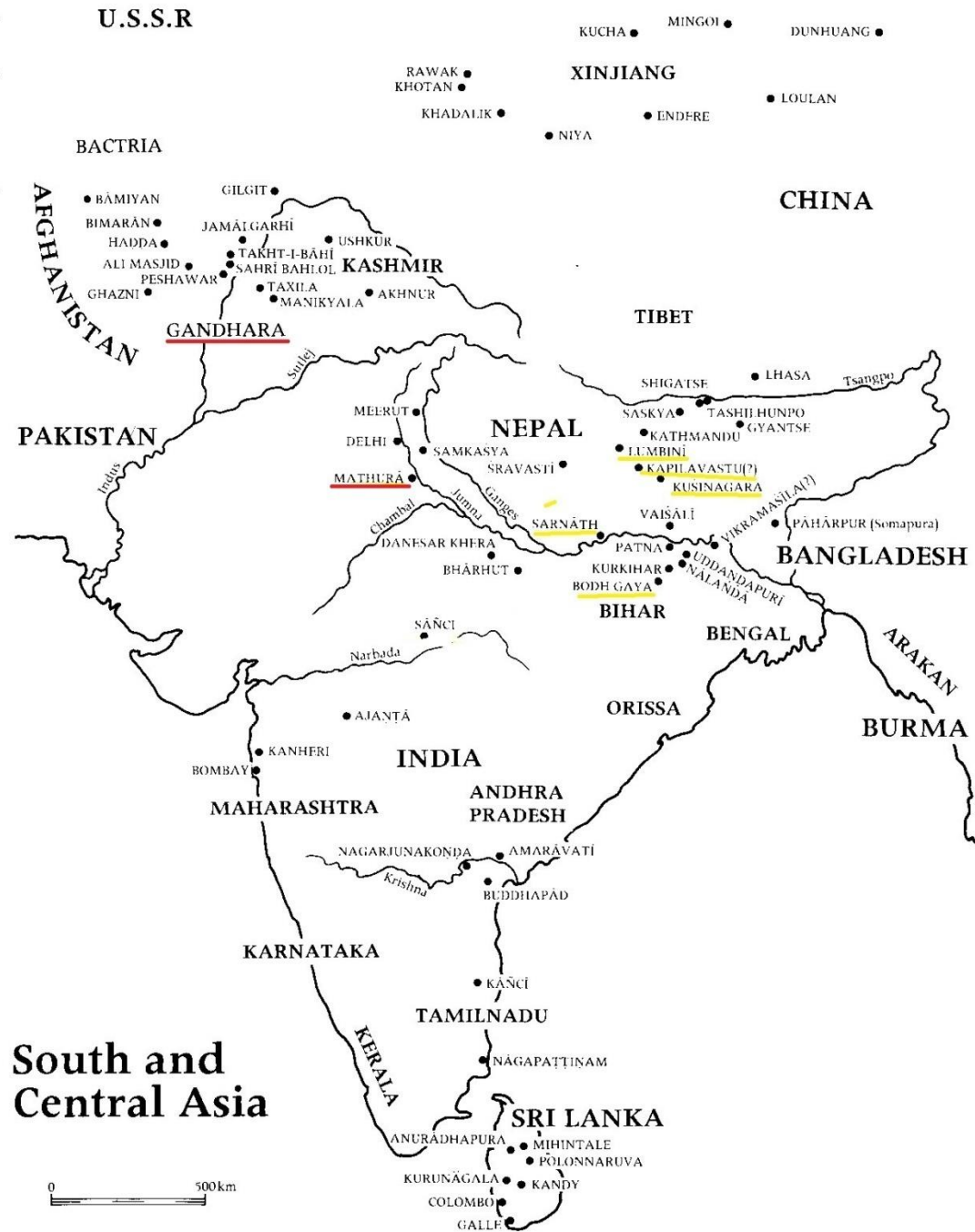
Travels with Xuanzang  
OLLI-DC@AU  
Spring 2021  
via Zoom

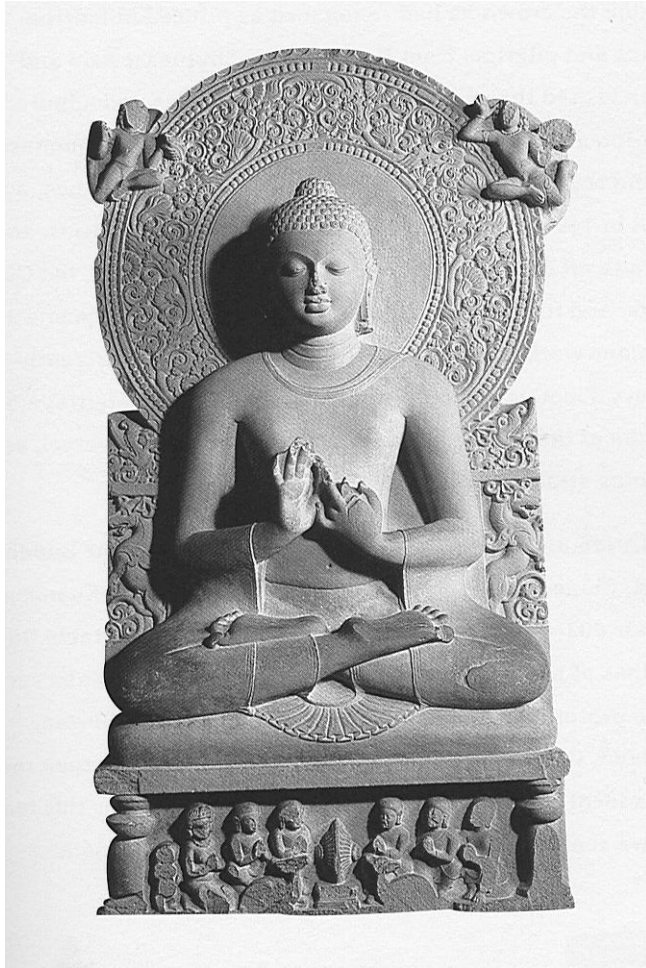
Handout # 4

# Northern India and the Buddhist Holy Land



# India

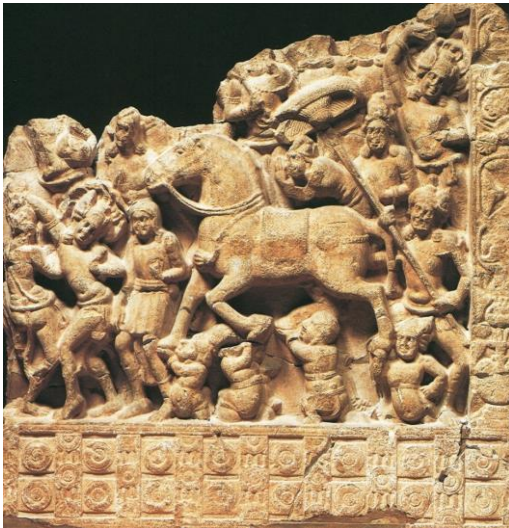




- Born Siddhartha Gautama, NE India
- 563-483 bc or later (480-400)
- Buddha = “awakened one”
- Shakyamuni –sage of the Shakya clan. Name for the historical Buddha

# Development of the Buddha Image

- Aniconic → iconic
- 2 schools: Gandhara and Mathura, Sarnath
  - Mahayana Buddhism





# The Gupta Synthesis



Mathura

+



Gandhara

=



Gupta ideal 5<sup>th</sup> c

## The Gupta Buddha:

“...superbly balances a sense of realism that brings the historical figure to life and an abstraction that alludes to his attainment of buddhahood...”

The figure embodies a state of being that is ultimately indescribable.

Buddhist Art  
Reflects the perfected being  
Meditative



# Important Sites

- Lumbini (Nepal): birthplace ~563bc
- Kapilavashtu (Nepal): home of King Suddhodana, the Buddha's father, and palace where he spends his childhood and youth
- Bodh Gaya: the Buddha reaches enlightenment meditating beneath a pipal tree (ficus religiosa)
- Sarnath: site of the first sermon in a deer park
- Kushinagara: site of the death of the Buddha at age 80 ~483bc



# Signs of the Buddha

Lakshanas: 32 primary 80 secondary



**Ushnisha:** cranial bump  
Wisdom

**Urna:** dot between eyes  
Spiritual wisdom

**Elongated earlobes:** from  
Wearing heavy earrings  
As a prince: renunciation

**3 lines at neck**

**Bare feet**

**Simple robe**



# Mudras

Abhaya



Varada



Vyakhyana or  
Vitarka



Dharma-chakra



Dhyana



bhumisparsha



- Fear not
- Wish granting
- Explanation
- Teaching
- Meditating
- Earth touching

# The Buddha's Teachings

## The 4 Noble Truths

1. there is suffering (dukkha)
2. suffering caused by attachments, wants
3. cessation of suffering (nirvana –extinction of desire)
4. way out is 8-fold path

## The 8-fold Path

1. Right Views
2. Right Intent
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration



# 1. Birth, Lumbini, 563bc





## 2. Enlightenment, Bodh Gaya



### 3. 1<sup>st</sup> Sermon, Sarnath





#### 4. Death- parinirvana, Kushinagara 483bc

