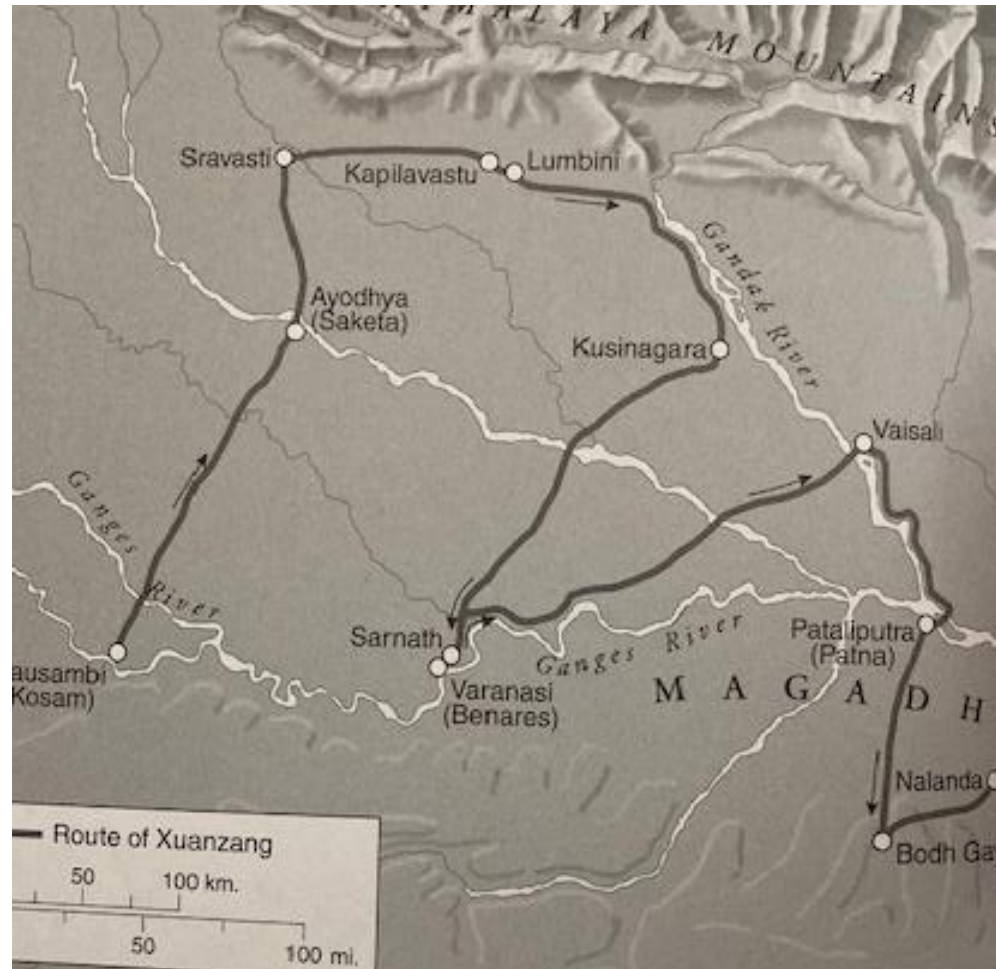
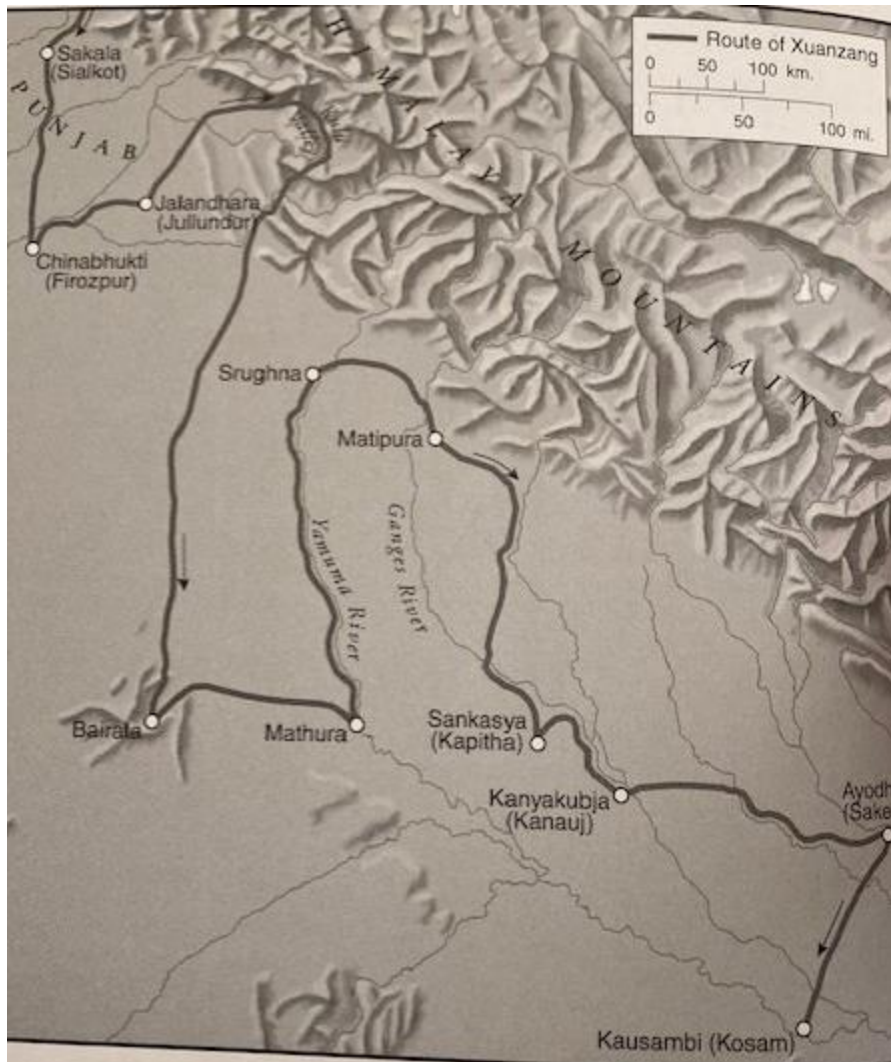


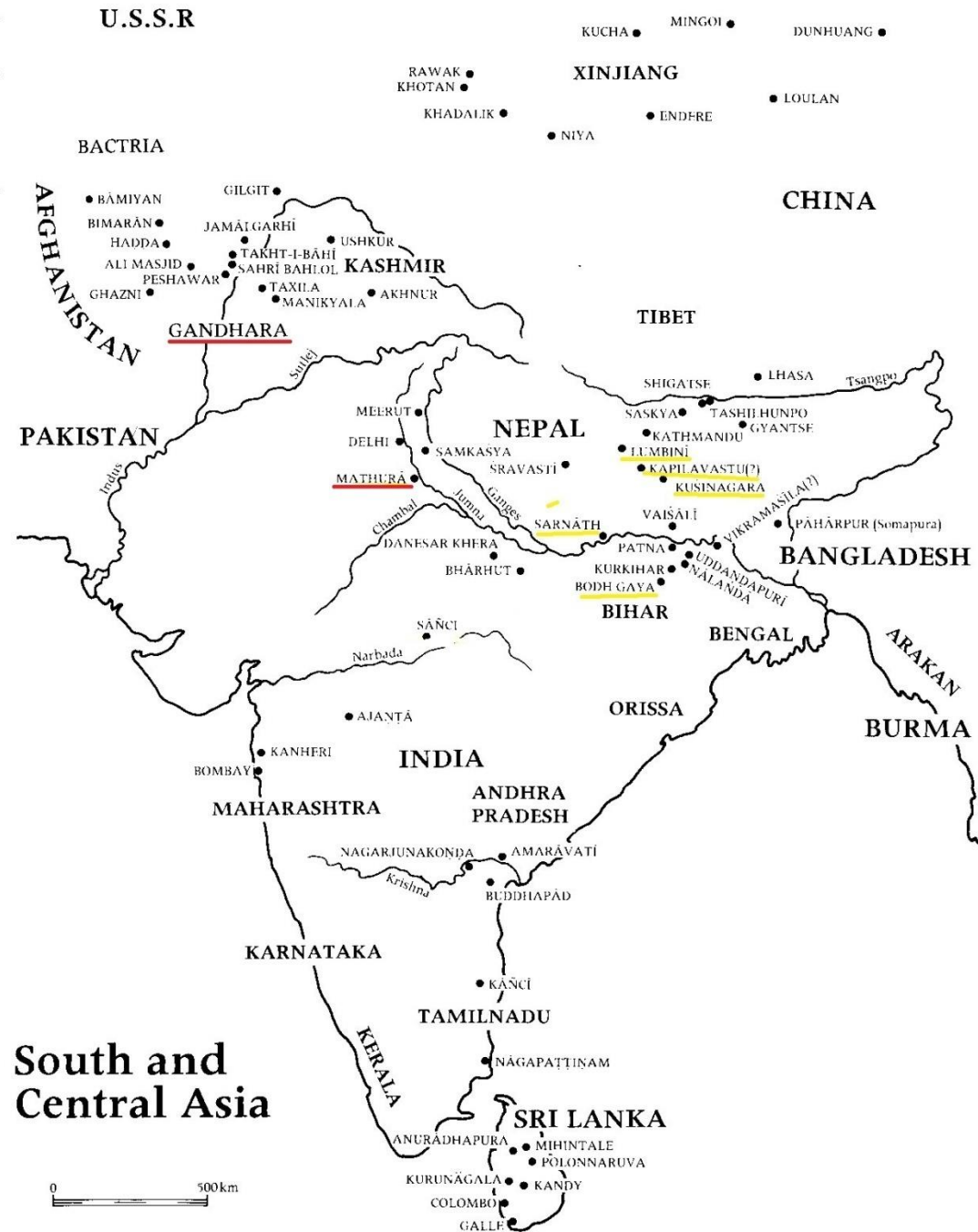
Travels with Xuanzang
OLLI-DC@AU
Spring 2024
via Zoom

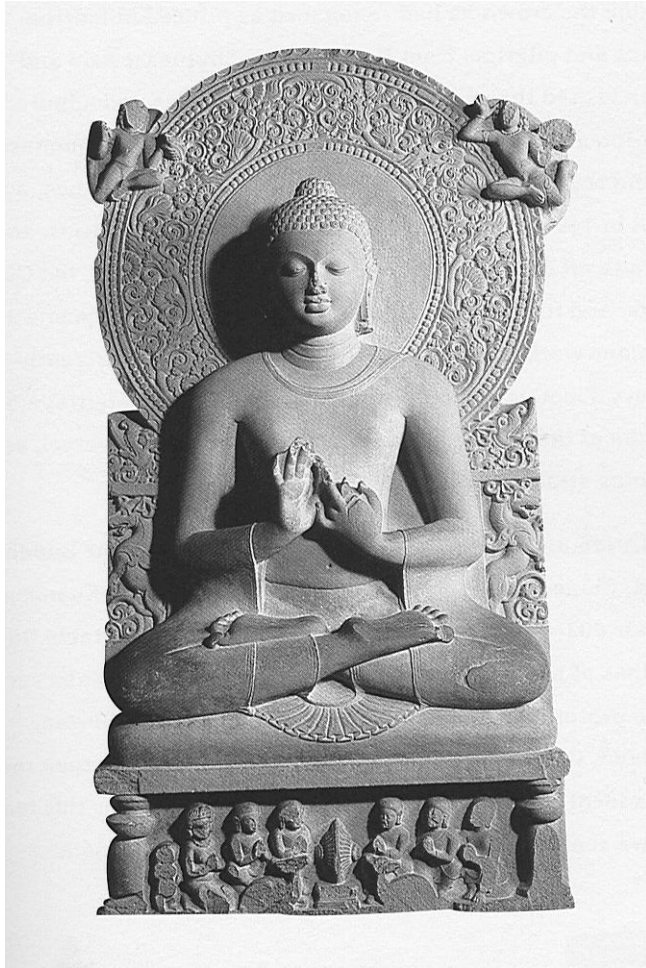
Handout # 4

Northern India and the Buddhist Holy Land



India

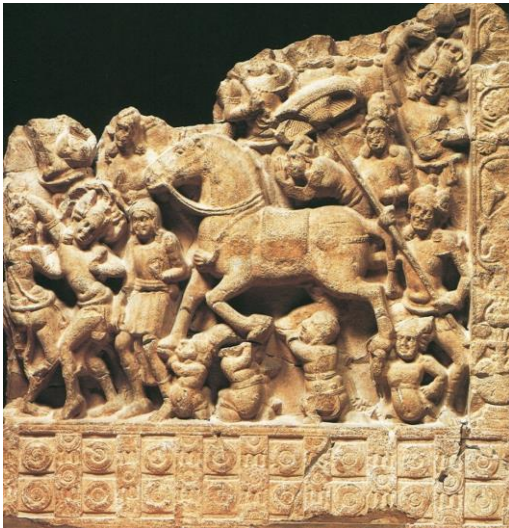




- Born Siddhartha Gautama, NE India
- 563-483 bc or later (480-400)
- Buddha = “awakened one”
- Shakyamuni –sage of the Shakya clan. Name for the historical Buddha

Development of the Buddha Image

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



The Gupta Synthesis



Mathura

+



Gandhara

=



Gupta ideal 5th 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

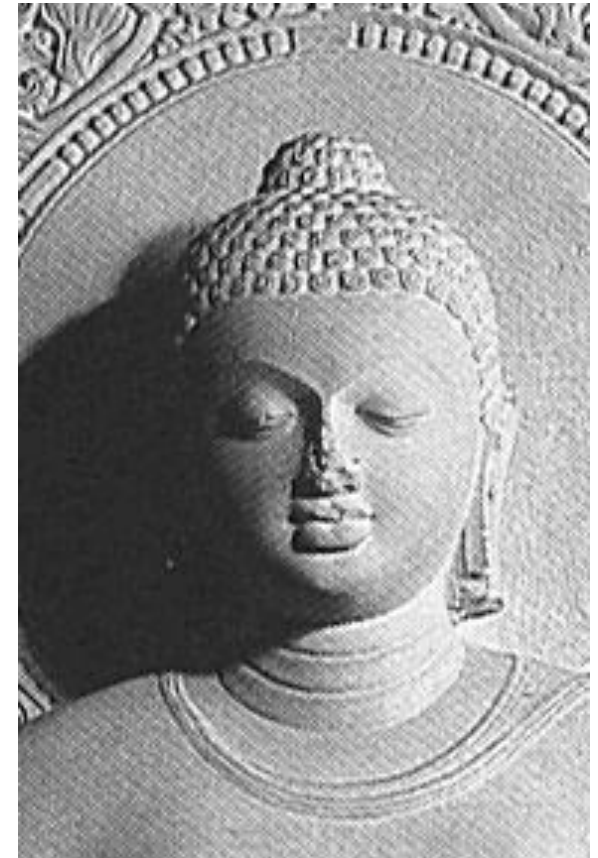
Urna: dot between eyes
Spiritual wisdom

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. 1st Sermon, Sarnath



4. Death- parinirvana, Kushinagara 483bc





Barhut Stupa

1st c bc

Shunga dynasty

