

# The Image of Buddha Shakyamuni

A Buddha is anyone who has attained complete enlightenment, perfecting their mind and abandoning all negative minds. They are then fully able to help others also achieve perfect lasting happiness.

Even their bodies express teachings, showing the good qualities we need to generate.

Below are some of the teachings we can learn from what the image of Buddha teaches us.

- Cut out the strips.
- See if you can link up the meanings (on the strips) to the part of Buddha. Stick the meanings next to the correct parts around the picture of Buddha.
- Draw a line to the correct place.
- If you have time, you could colour in the picture too – his body is made of light and is bright gold!

Lotus' are often used to represent our potential. A beautiful lotus grows from the mud at the bottom of a pool, similarly our mind can grow from it's present confusion into a fully enlightened state.

whilst the other hand is performing an action. Only Buddhas can meditate and perform actions at the same time.

this shows that he has conquered all negative forces and that he loves everyone throughout the whole earth.

this is a very stable position for meditating, not to say that everyone needs to sit like this to meditate, but it is showing his pure concentration.

Buddha was born as a prince and to show their wealth they wore heavy gold earrings. His long but empty earlobes show that he has realized that money doesn't buy happiness.

this is not to say that everyone should become ordained as a monk or nun, but to show that everyone needs to practice training their mind, concentration and wisdom, which is what the robes represent.

because he knows that he can, and is, helping us.

this is not to show that everyone should give away all their possessions and become a beggar, but that everyone needs to practice contentment and be happy and appreciate what we have.

Buddha is smiling at us with eyes of compassion,



Buddha's right hand is touching the earth,

Buddha wears the robes of an ordained monk,

Why has Buddha got long ears?

Buddha has a begging bowl,

One hand is showing that he is meditating,

Buddha is sitting in the vajra posture,

Buddha is sitting on a lotus.