

BUDDHISM KEY STAGE 1 & 2 ARTEFACTS

BUDDHA

The Buddha was the founder of Buddhism, he was born a prince, called Siddhartha Gautama, near the end of the fifth Century BCE. He felt that he was tied with chains to his luxury life and decided to leave the palace and see the world beyond the palace walls. He saw three examples of suffering, a crippled man, a sick man groaning in pain and a funeral procession with weeping relatives. He also saw a holy man who looked happy and peaceful. On the night of his 29th Birthday he left the palace, cut off his hair and changed his rich clothes to rags to find the truth about why people suffered, and how suffering could be ended. Buddhists call this event 'The Great Going Forth'.



He spent many years trying to find the truth about life and how life is. After several years of living life the hard way he was near death until a woman offered him some milk, as he drank the milk he realised that by living life the hard way it would not lead him to the truth. He then arrived at a place called Bodh Gaya and began to meditate under a tree, he saw all his past lives and lived through his experiences again. On the second night he saw all other beings go through the cycle of birth and rebirth. On the third night he reached enlightenment. As he became enlightened he became free from suffering. After the Buddha reached enlightenment he wanted to help others reach enlightenment too, and for the next 45 years he travelled around India teaching the Dharma (the way to enlightenment). Near the end of his life, aged 80, the Buddha visited his monks for the last time. He bathed in a river and put on his best clothes to preach his last sermon. He then blessed everyone lay down on a couch with his head facing North and died peacefully. Buddhists believe that when he died he entered the state of 'Final Nirvana'. They celebrate the passing of the Buddha as Parinirvana Day.

PRAYER WHEEL

A **prayer wheel** is a hollow metal cylinder, often beautifully embossed, mounted on a rod handle and containing a tightly wound scroll printed with a mantra.

Prayer wheels are used primarily by the Buddhists of Tibet and Nepal, where hand-held prayer wheels are carried by pilgrims and other devotees and turned during devotional activities. According to Tibetan Buddhist belief, spinning a prayer wheel is just as effective as reciting the sacred texts aloud. This belief derives from the Buddhist belief in the power of sound and the formulas to which deities are subject. For many Buddhists, the prayer wheel also represents the Wheel Of The Law (or Dharma) set in motion by the Buddha.

The prayer wheel is also useful for illiterate members of the lay Buddhist community, since they can "read" the prayers by turning the wheel. Prayer wheels come in many **sizes**: they may be small and attached to a stick, and spun around by hand; medium-sized and set up at monasteries or temples; or very large and continuously spun by a water mill. Prayer wheels at monasteries and temples are located at the gates of the property, and devotees spin the wheels before passing through the gates.



PRAYER FLAGS

Prayer Flags are inscribed with auspicious symbols, invocations, prayers and mantras. Tibetan Buddhists for centuries have planted these flags outside their homes and places of spiritual practice for the wind to carry the beneficent vibrations across the countryside. Prayer flags are said to bring happiness, long life and prosperity to the flag planter and those in the vicinity.

Dharma Flags may be placed either inside a building to increase the spiritual atmosphere or outdoors where the wind can carry their prayers. Traditionally they are fastened to eaves or sewn onto ropes to be displayed horizontally or they are fastened to poles for vertical display. Sets of five coloured flags should be put in the order; yellow, green, red, white, blue (from left to right or from bottom to top). The colours represent the elements; earth, water, fire, cloud, sky.



SINGING BOWL

Singing bowls are played by the friction of rubbing a wooden, plastic, or leather wrapped mallet around the rim of the bowl to produce overtones and a continuous 'singing' sound. High quality singing bowls produce a complex chord of harmonic overtones. Singing bowls may also be played by striking with a soft mallet to produce a warm bell tone.

In Buddhist practice, singing bowls are used as a support for meditation, trance induction and prayer. For example, Chinese Buddhists use the singing bowl to accompany the Wooden Fish during chanting, striking it when a particular phrase in a sutra, mantra or hymn is sung.

Singing bowls are unique because they are multi-phonic instruments, producing multiple harmonic overtones at the same time. The overtones are a result of using an alloy consisting of multiple metals, each producing its own overtone. New bowls can also produce multiple harmonic overtones if they are high quality bronze, but many are made from a simpler alloy and produce only a principal tone and one harmonic overtone.

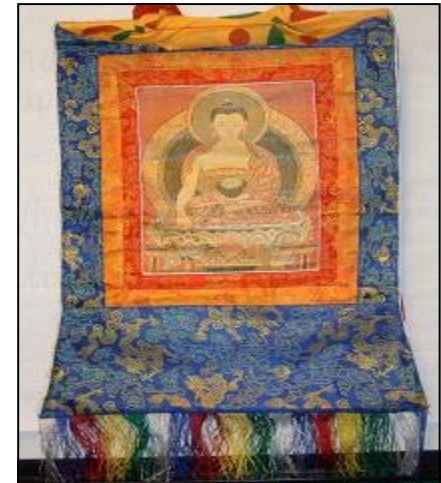


BUDDHA EMBLEM (THANGKA)

Thangka or scroll paintings are sacred artefacts used as physical support in Tibetan Buddhist practices. In Tibetan the word 'Than' means flat and the suffix 'Ka' stands for painting.

The Thangka is thus a kind of painting done on a flat surface but which can be rolled up when not required for display. It is either painted or embroidered and is generally hung in Monasteries or a family altar and carried by lamas in ceremonial processions.

The pictorial subjects of Thangka's include portraits of Buddha's, stories from the lives of saints and great masters.



OCEAN DRUM

The ocean is a powerful metaphor for the Buddhist idea of abandoning the ego and becoming one with the universe. Gently moving this drum from side to side gives an oceanic sound, ideal for the practice of meditation.



BUDDHISM KEY STAGE 1 & 2 RESOURCE BOX CONTENTS LIST

BOOKS:

Buddhist (Beliefs and Cultures)
Anita Ganeri

The Buddha and Buddhism (Great Religious Leaders)
Kerena Marchant

The Buddha and Buddhism (Religious Lives)
Ruth Nason

My Buddhist Year (A Year of Religious Festivals)
Cath Senker

Buddhist Prayer and Worship
Adiccabandhu / Anita Ganeri

I am Buddhist (Talking about my Faith)
Cath Senker

Wesak (Celebrations)
Anita Ganeri

I am a Buddhist (My Belief)
Samarasekara & Fairclough

The Tipitaka and other Buddhist texts (Sacred Texts)
Anita Ganeri

BUDDHISM KEY STAGE 1 & 2 RESOURCE BOX CONTENTS LIST

BOOKS:

Buddhist Stories (Storyteller)
Anita Ganeri

Where We Worship Buddhist Temple
Angela Gluck Wood

Buddhist Festivals Through The Year (A Year of Festivals)
Anita Ganeri / Watts

Bodh Gaya (Holy Places)
Mandy Ross

Lets Eat (Children and their food Around the World)
Beatrice Hollyer / Frances Lincoln

For Every Child
Unicef

If the World Were a Village
Smith Armstrong

Developing the Global Dimension in the School Curriculum
DFID

The Global Dimension in Action (A curriculum planning guide for schools)
QCA

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BOOKS:

First Steps to Rights

Unicef

Childrens Rights & Responsibilities (leaflets)

Unicef

Buddhism Photopack

Folens Religious Education