



The following passage-way is guarded by two Bodhisattvas: Manjushri sitting on a lion (wisdom) and Samantabhadra on an elephant (compassion).

#### Miniature Buddha Collection

Various cabinets made of glass and bamboo in this smaller room contain a collection of more than 750 miniature Buddhas mostly from Thailand, Laos, Burma, Cambodia. The oldest specimens are about 750 years old.

#### Meditation Room

A small room where you will see Buddhas from all the regions is suitable for meditation.

#### Courtyard

In an open courtyard various statues from Thailand, Cambodia (the wooden ones), China, Ceylon and Japan are exhibited.

#### Roof garden

In order to relax after the visit of the exhibition (more than 2000 Buddhas), we recommend a refreshing stay in our roof garden where you may enjoy the marvellous view of the Mosel River, Traben-Trarbach (the museum is on the Trarbach side), woods, vineyards, and - not to forget! - a few more Buddhas. In case the weather permits, you may have your drink in one of the two pavilions. If not, just stay awhile in the comfortable Buddha Lounge where - in addition to drinks (tea, coffee, juice) - Buddhas, paintings, books, CDs and DVDs for sale are waiting for you.

**Mudras:** A Mudra is a spiritual hand gesture and an energetic seal of authenticity employed in Hinduism and Buddhism.

#### **Abhaya Mudra**

The Abhaya Mudra ("Mudra of no fear") represents protection, peace, benevolence, and dispelling of fear.



It is usually performed with the right hand raised to shoulder height, the arm bent and the palm facing outward with the fingers upright and together. The left arm might show the Varada mudra (see below) or the Abhaya mudra as well, or the left arm is just hanging down.

#### **Bhumisparsha Mudra**

"Touching the earth". This gesture calls upon the earth goddess to witness that he, (Siddhartha), withstood the temptations of Mara ('death'), who tried to convince Siddhartha not to expound the Dharma or doctrine to the world. This gesture is also called "Maravijaya" (victory over Mara).



The gesture is made only by figures portrayed as sitting. The fingers of the right hand, palm inward, touches the ground slightly. No other Mudra is shown so often.

#### **Dharmacakra Mudra**

The Dharmacakra Mudra represents a central moment in the life of Buddha when he preached his first sermon after his enlightenment, in Sarnath. This Mudra shows the turning of the wheel of the Dharma. One hand forms the wheel of the law like in the Vitarka Mudra, and the other hand sets it in motion.



#### **Dhyana Mudra**

The Dhyana Mudra ("meditation Mudra") is the gesture of meditation. The two hands are placed in the lap, with the right hand on left with fingers stretched and the palms facing upwards.



Different variations of this Mudra exist, depending on schools, countries and traditions.

#### **Varada Mudra**



The Varada Mudra ("wish-fulfilling Mudra"). The wish which is to be fulfilled is the knowledge of the Buddhist Dharma (his doctrine). The Buddha opens his hand and gives everything he possesses, and what he possesses is this knowledge. There is no other wish the Buddha could fulfil.

#### **Vitarka Mudra**

The Vitarka Mudra ("Mudra of exposition"). It is the gesture of the Buddha teaching, expounding the Dharma. It is done by touching the tips of index finger and thumb together, in this way forming the wheel of the law.



#### **Glossary of Buddhism:**

##### **Arhat**

An Arhat is a fully enlightened Monk. The main difference to the Buddha is: The Buddha developed the doctrine (Dharma); the Arhat only followed this doctrine. The Arhat is the central figure in Hinayana

##### **Bodhisattva**

Bodhisattva means "enlightened being". Two different meanings:

1. In Hinayana and Mahayana being a Bodhisattva is the last step before becoming a Buddha. The Bodhisattva will be born again a last time, and in that last life he will attain Buddhahood and finally enter Parinirvana.

2. (In Mahayana) it is a being which is born out of a Buddha / is created by a Buddha. It possesses "qualification" of a Buddha but renounces the Parinirvana as long as there are beings who suffer and need help. As an approximation one might compare it with an angel.