

Purpose and Scope: The purpose of the exhibit to show case different Buddhist mudras. Mudras like Dharma Chakra Mudra, Dhyanana Mudra, Abhaya Mudra, Vitarka Mudra, Vajra Mudra, Anjali Mudra, Varada Mudra, Jnana Mudra, Katakahasta Mudra, Medicine Buddha, Bhumisparsha Mudra were shown in the exhibit.

Back Ground: Mudra is used in the iconography of Hindu and Buddhist art of the Indian subcontinent and described in the scriptures, such as Nāṭyaśāstra. Mudra positions are usually formed by both the hand and the fingers. Along with āsanas ("seated postures"), they are employed statically in the meditation and dynamically in the Nāṭya practice of Hinduism. Hindu and Buddhist iconography share some mudras.

While some mudras involve the entire body, most are performed with the hands and fingers. As well as being spiritual gestures employed in the iconography and spiritual practice of Indian religions, mudras have meaning in many forms of Indian dance, and yoga. In addition, many of the Buddhist mudras are used outside South Asia, and have developed different local forms elsewhere.

A Buddha image can have one of several common mudras; combined with different āsanas. The main mudras used represent specific moments in the life of Gautama Buddha, and are shorthand depictions of these. Ranging from the poetic and complicated Wheel of Dharma mudra (Dharma Chakra Mudra) to the prosaic, universal prayer symbol (Anjali Mudra), mudras reference anecdotes from the historical Buddha's life and convey elements of Buddhist practice like meditation and teaching. Some gestures, like the dhyanana mudra, may be familiar to those who practice yoga. In the Vajrayana School, mudras assume an esoteric significance and are usually combined with mantra (recitation) in Tibet and Japan. In the Zen school of Mahayana Buddhism, two important positions, the dhyanana, or meditation mudra (formed with the hands held in an oval), and the anjali, or greeting mudra (palms held together at chest level), important elements of daily practice. In the Theravada tradition, which is common in Sri Lanka and Myanmar, mudras are usually limited to the gestures associated with Shakyamuni



S.NO	Details	P. NO
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3	Dharma Chakra Mudra	4
4	Dhyanana Mudra	5
5	Abhaya Mudra	7
6	Vitarka Mudra	8
7	Vajra Mudra	9
8	Anjali Mudra	10
9	Varada Mudra	11
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12	Medicine Buddha	14
13	Bhumi Sparsha Mudra	15
14	Cosmic Mudra	16

1 INTRODUCTION

The statues of Buddha show a particular Mudra (a Sanskrit word) or hand gesture. Mudra is a position of hand often depicted in Buddhist art and used in practice to evoke a particular state of mind. Commonly found mudras or representations of Buddha are hands folded in the lap which signifies meditation, a palm held up facing outward signifies the act of teaching or reassurance or an open palm pointed downward signifies generosity.



Proof - Buddha in Abhaya Mudra **Proof - Dhyan Mudra 18th Century Statue from Wat Phra Kae Vientiane**



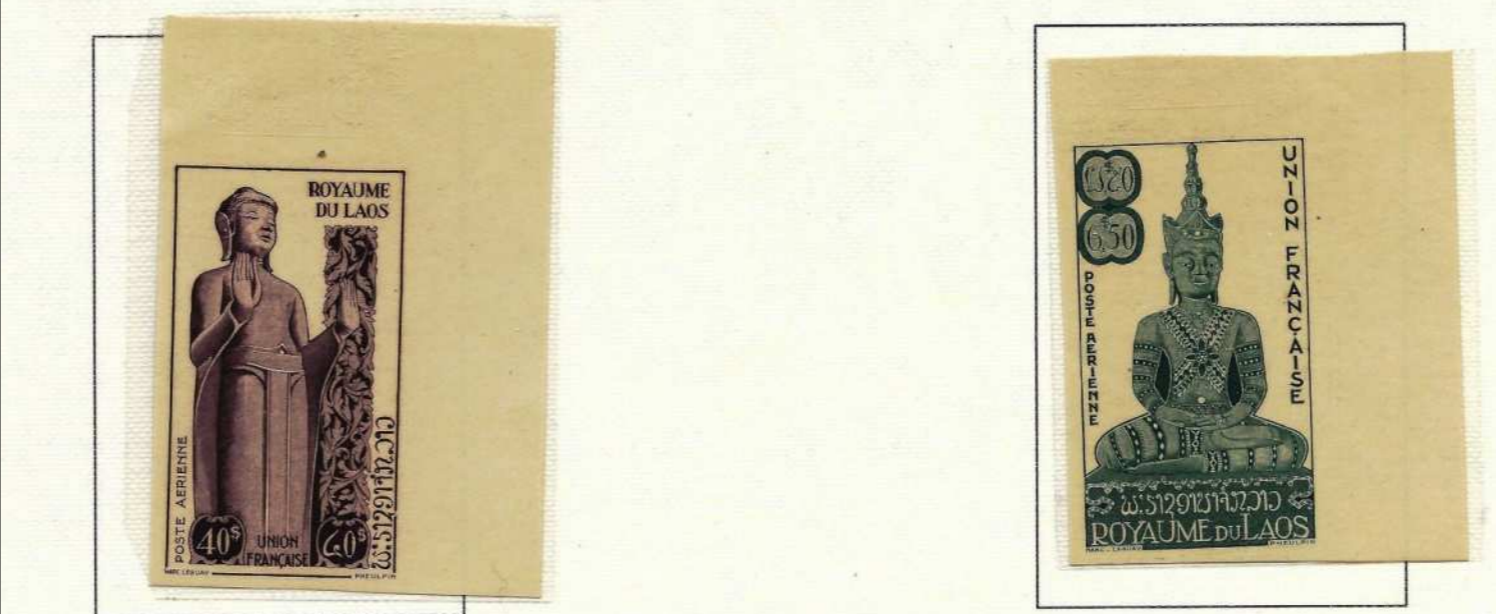
Proof - Bhumisparsha Mudra. Statue from Wat Phraa Kae Vientiane



Proof - Buddha Calling to the Rain: 17th century statue from Proof - Right Statue in Abhaya Mudra. 16th Century Statue from Wat Phra Kae Vientiane

Religious Thankas or Banners are paintings of sacred and ceremonial subjects, which are hung at Buddhist Temples. Five Rayon Silk stamps (rare) honouring his Holiness Jampyang Yeshey Singphay Rimpocho, late Head Lama of Bhutan who attained Nirvana on 12 March 1989.

1 INTRODUCTION



Proof - Buddha in Abhaya Mudra **Proof - Dhyan Mudra 18th Century Statue from Wat Phra Kae Vientiane**



Proof - Bhumisparsha Mudra. Statue from Wat Phraa Kae Vientiane

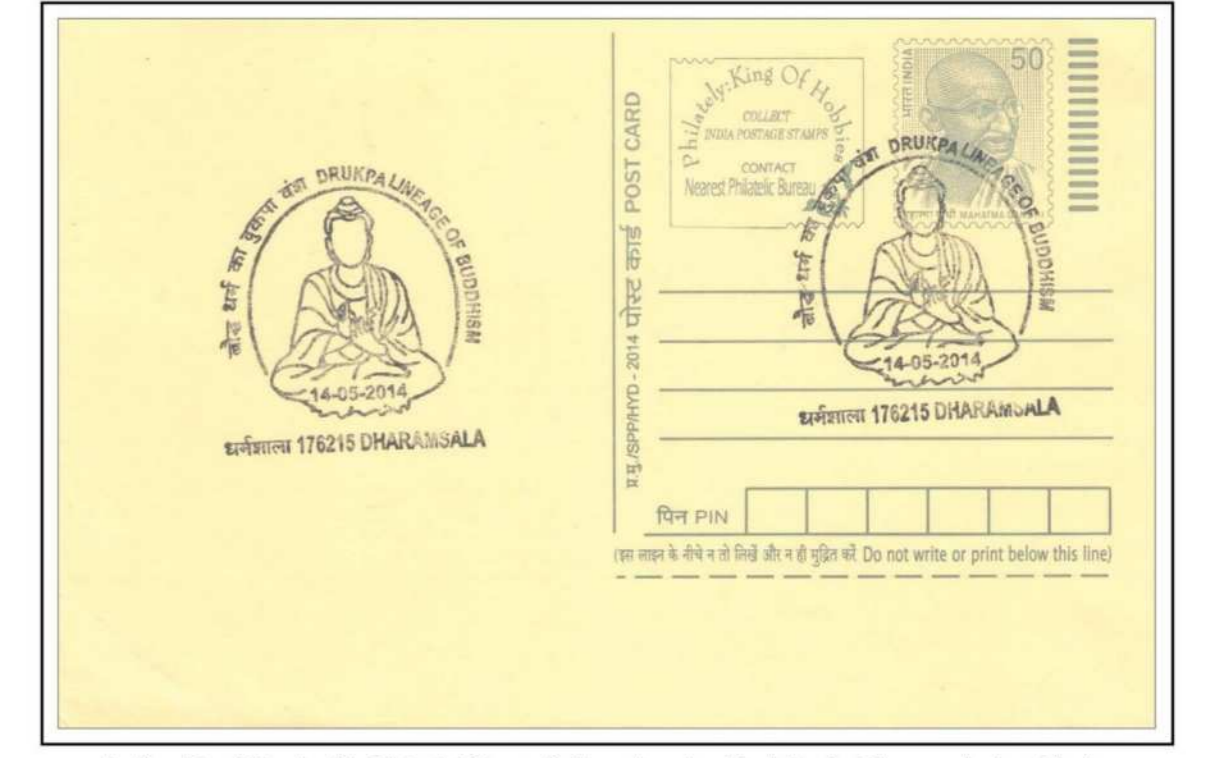


Proof - Buddha Calling to the Rain: 17th century statue from Proof - Right Statue in Abhaya Mudra. 16th Century Statue from Wat Phra Kae Vientiane

Religious Thankas or Banners are paintings of sacred and ceremonial subjects, which are hung at Buddhist Temples. Five Rayon Silk stamps (rare) honouring his Holiness Jampyang Yeshey Singphay Rimpocho, late Head Lama of Bhutan who attained Nirvana on 12 March 1989.

2 DHARMACHAKRA MUDRA

Dharmachakra Mudra is also called as the gesture of 'Teaching of the Wheel of Dharma' that describes one of the most important moments in the Buddha's life as he performed the Dharmachakra Mudra in his first sermon in Samath after he attained enlightenment. It is performed with the help of both the hands which are held against the chest, the left facing inward, covering the right facing outward.



Indian Post Card with Pictorial Cancellation showing Buddha in Dharmachakra Mudra



Indonesia Miniature Sheet showing Borobudur Buddha in Dharmachakra Mudra

Date of Issue : 1 December 2015) Perforation : 131x x 121x Miniature Sheet issued to commemorate the World Youth Stamp Exhibition - Kuala Lumpur, Malaysia

Indonesia Borobudur Buddha with Dharmachakra Mudra Date of Issue : 1 March 1986) Perforation : 121x Stamp issued to commemorate the "Save Borobudur Monument" movement.

3 DHYANA MUDRA

Dhyanana Mudra is also known as Samadhi or Yoga Mudra. It is performed with the help of two hands which are placed on the lap and right hand is placed on the left hand with stretched fingers (thumb facing upwards and other fingers of both hands resting on each other). This is the characteristic gesture of Buddha Shakyamuni, Dhyan Buddha and the Medicine Buddha.



Special cover issued by Chief Postmaster General, Patna, Bihar Giant Buddha statue in Bodhiyana, India Buddha in Dhyanana Mudra Pictorial cancellation Footprints of Lord Buddha on Lotus



Mongolia 1988 Buddhist god figures Buddha in Dhyanana Mudra

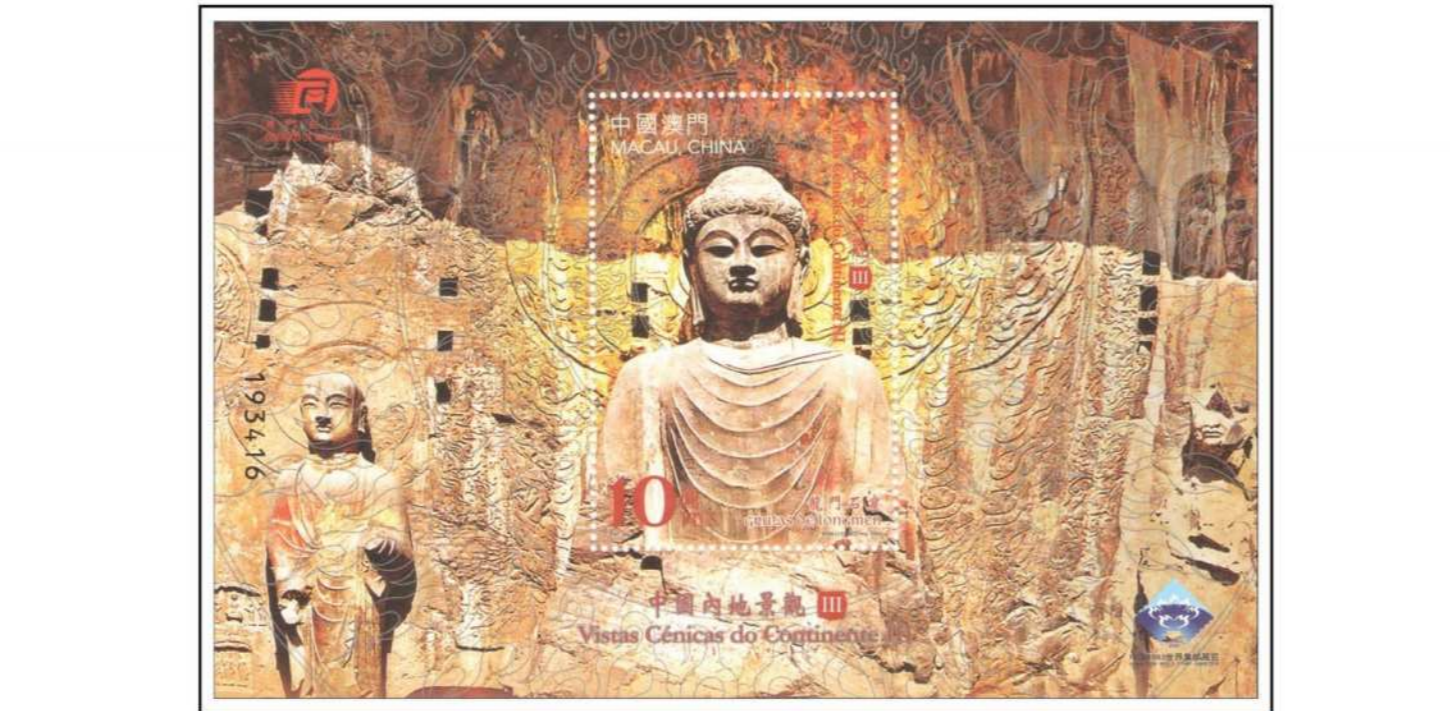
Buddha in Dhyanana Mudra Plastic 3D stamp

5

3 DHYANA MUDRA



Dhyanana Mudra (Meditation Posture) Progressive Colour Proof. Aden Qaali South Arabia Buddha, Giant Buddha at Kamakura, The Great Buddha (or Dabuteu) of Kamakura is one of Japan's most fascinating historical landmarks. The enormous Bronze statue is a representation of Amida Buddha, located on the grounds of the Kotoku-in Temple in Kamakura City.



The Longmen Grottoes or Longmen Caves are some of the finest examples of Chinese Buddhist art. Housing ten of thousands of statues of Buddha and his disciples, they are located 12 Kilometers south of the present day Luoyang in Henan province of China. Buddha in Dhyanana Mudra. Date of Issue : 4 April 2009) Perforations : 14

6

4 ABHAYA MUDRA

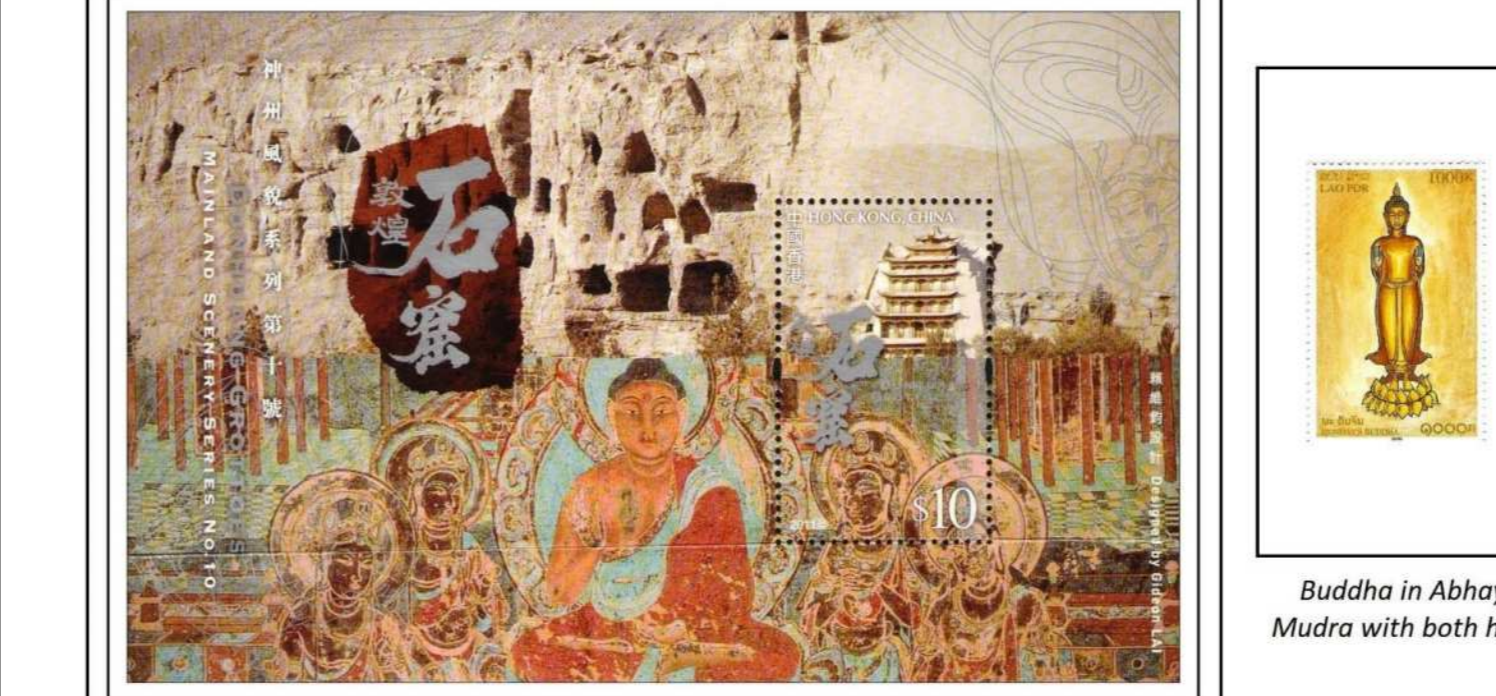
Abhaya Mudra is a gesture of fearlessness or blessing that represents the protection, peace, benevolence and dispelling of fear. It is performed with the help of right hand by raising to shoulder height with bent arm and the face of palm will be facing outward with fingers upright whereas the left hand hanging down while standing. This gesture is characteristic of Buddha Shakyamuni and Dhyan Buddha Amohasiddhi.



Yakushi Nyorai Buddha

Japan Twin Buddha of Nison-in Temple Abhaya mudra

Nauru 1977 Giant Buddha is a large bronze statue of Buddha Shakyamuni, completed in 1993 and located at Ngong Ping, Lantau island in Hong Kong. The statue is sited near Po Lin Monastery and symbolises the harmonious relationship between man and nature, people and faith.

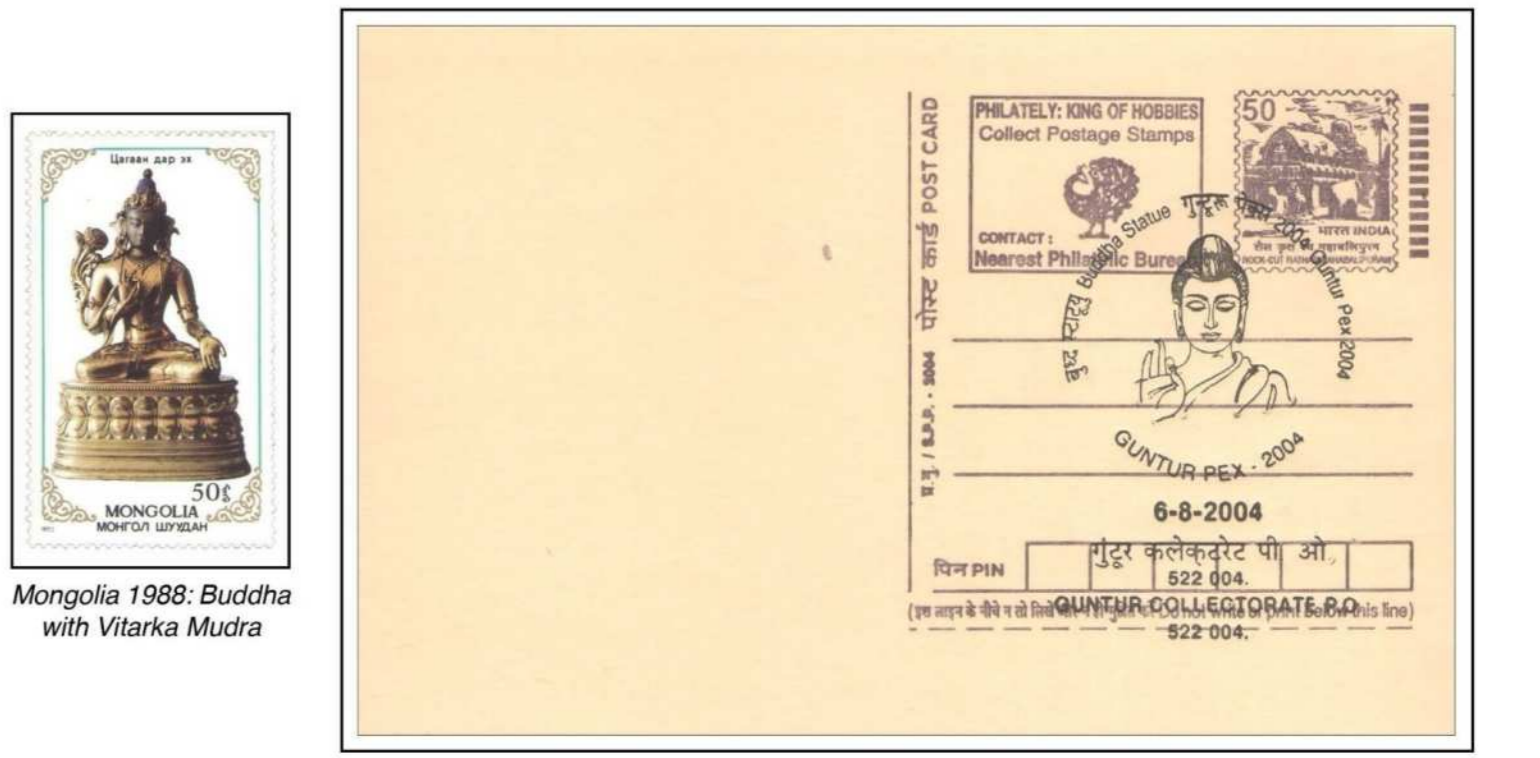


Hong Kong 2011 Duanhuang Grottoes. Buddhist artwork found in the Migao Grottoes of Duanhuang in the mainland's north-western Gansu province. Duanhuang was once the gateway to the ancient Silk Road and is famous for its network of underground Buddhist Temples. Buddha in Abhaya Mudra

7

5 VITARKA MUDRA

Vitarka Mudra signifies the discussions and transmission of the teachings of the Buddha. It is performed by joining the tips of the thumb and the index finger together while keeping the other fingers straight which is just like to Abhaya Mudra and Varada Mudra. But in this mudra the thumb is touching the index finger.



Mongolia 1988: Buddha with Vitarka Mudra

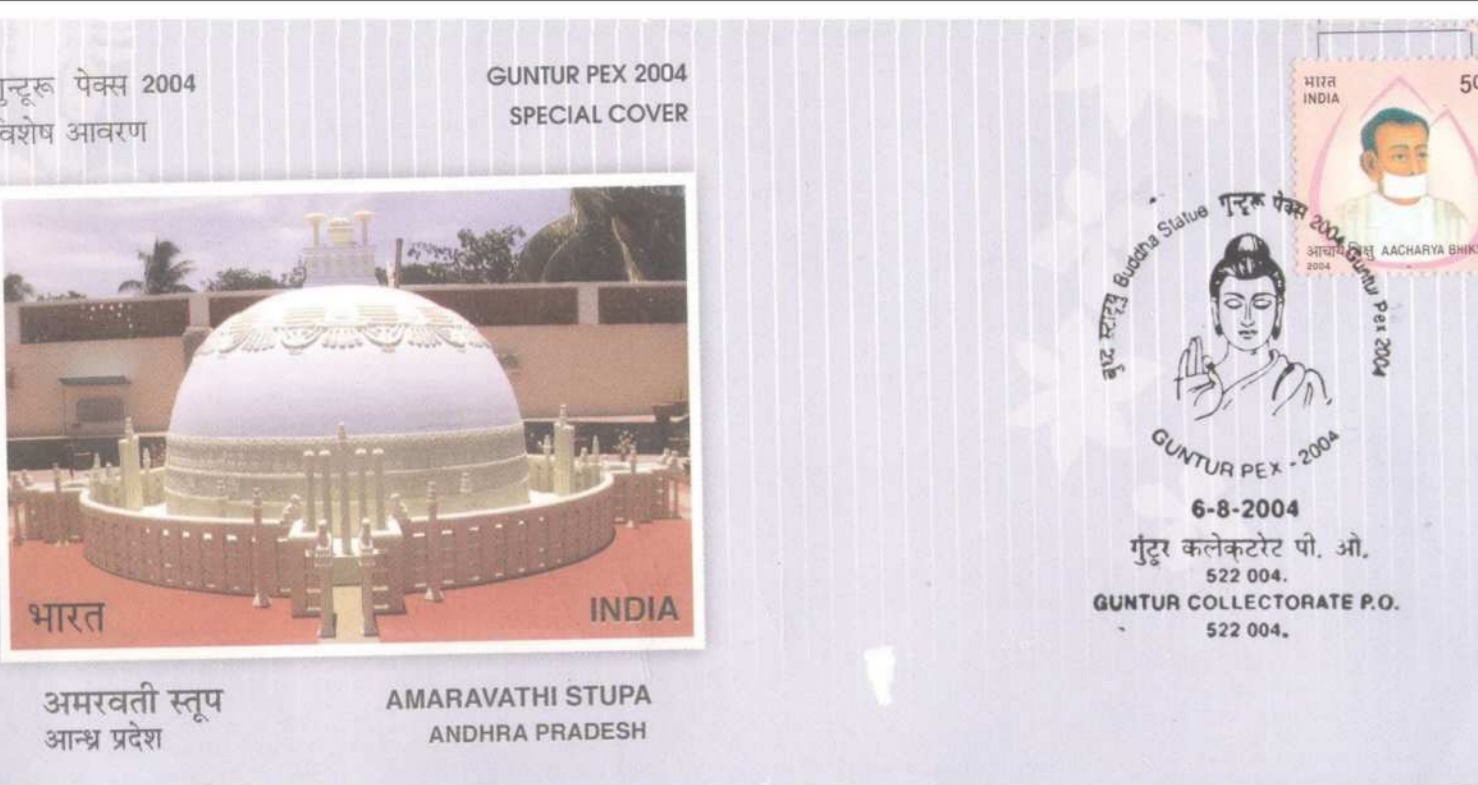
Indian Post Card with Pictorial Cancellation showing Buddha in Vitarka Mudra



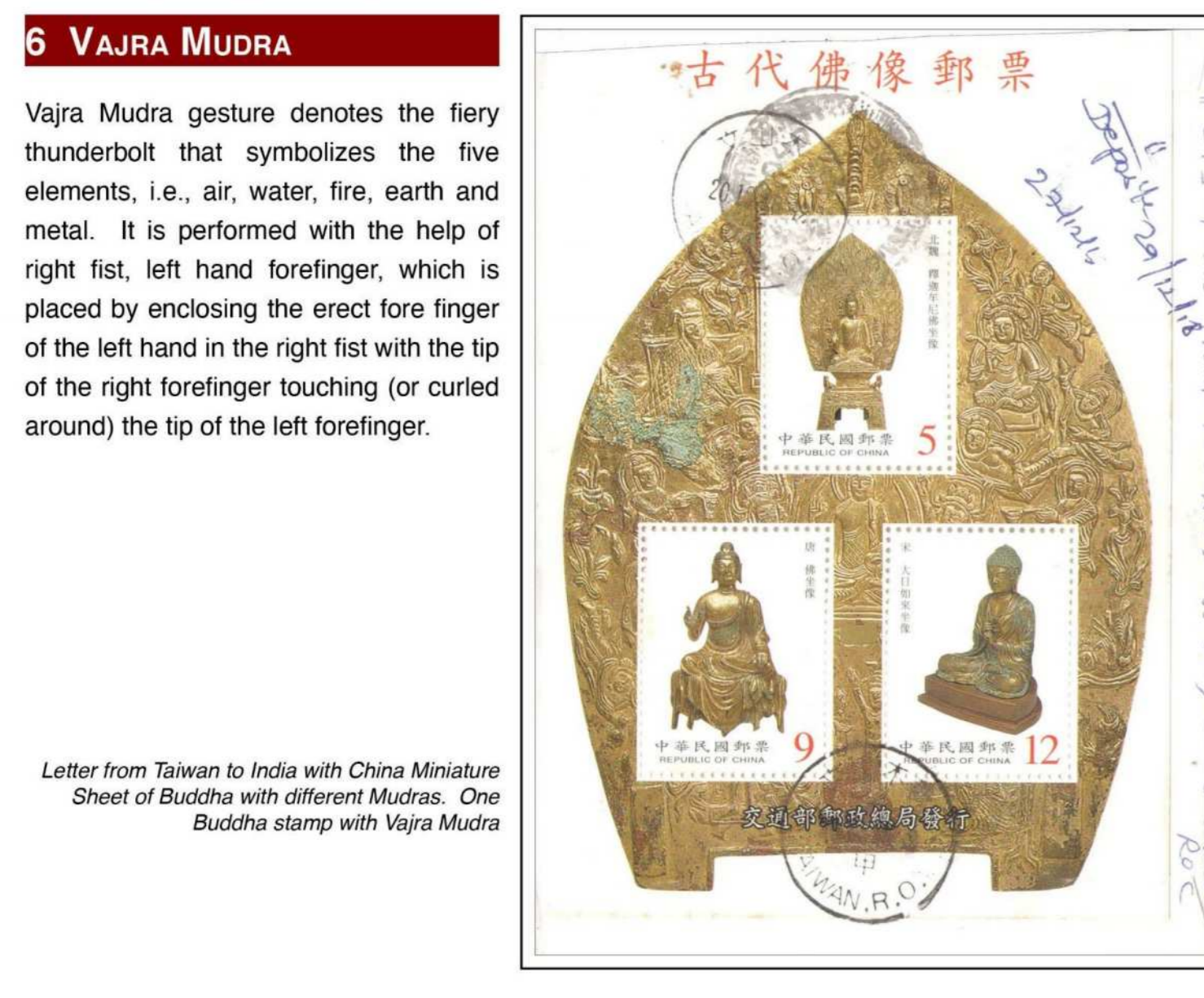
2017 Sri Lanka First Day Cover with Vitarka Mudra Pictorial Cancellation

8

5 VITARKA MUDRA



Amaravathi Stupa, Andhra Pradesh, Special Cover with Vitarka Mudra Pictorial Postage Cancellation

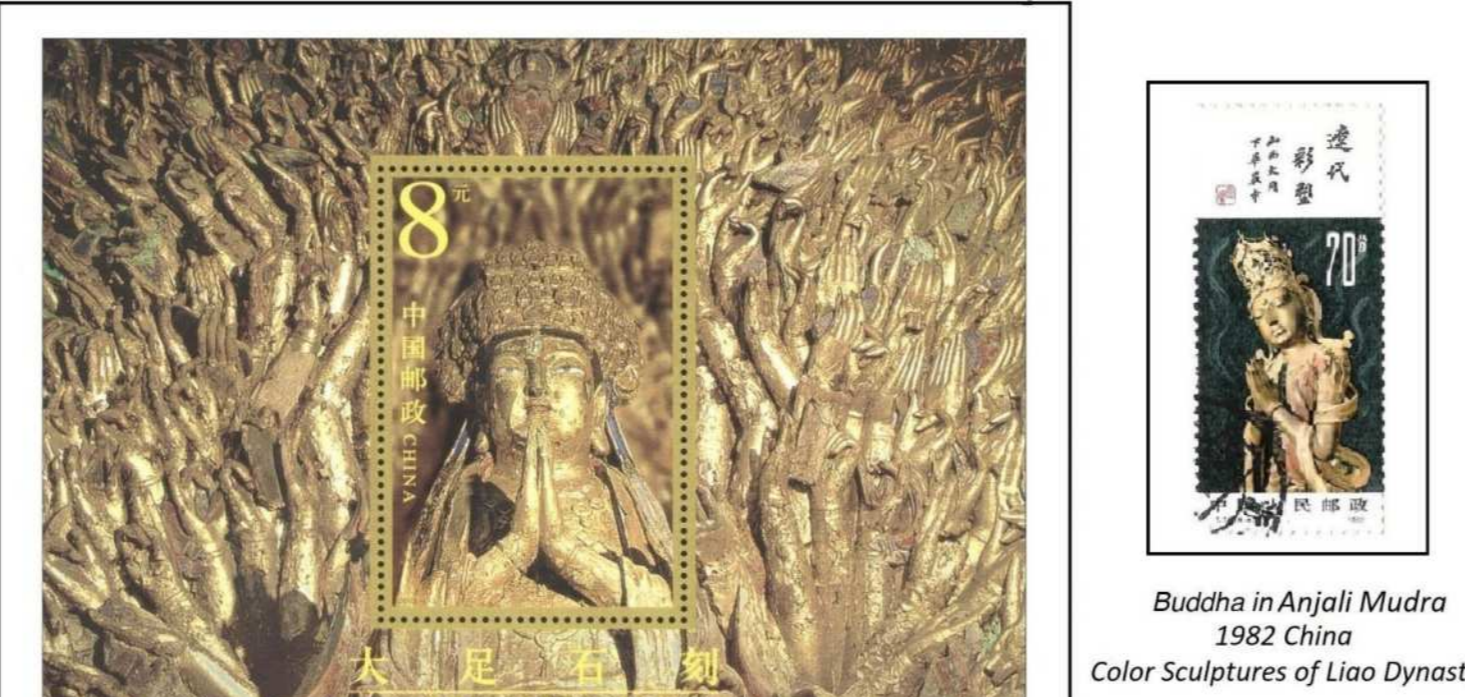


Letter from Taiwan to India with China Miniature Sheet of Buddha with different Mudras. One Buddha stamp with Vajra Mudra

9

7 ANJALI MUDRA

Anjali Mudra is also called as Namaskara Mudra or Hridayanjali Mudra, that represents the gesture of greetings, prayer and adoration. It is performed by pressing the palms of the hands together in which the hands are held at the Heart Chakra with thumbs resting lightly against the sternum.



Stone Sculptures of Dazu County, Sichuan Province Buddha in Anjali Mudra Date of Issue : 18 June 2002) Perforation : 12



Sri Lanka 2017 First Day Cover with Anjali Mudra or Namaskara Mudra Cachet

10

8 VARADA MUDRA

Varada Mudra represents the offering, welcome, charity, giving, compassion and sincerity. It is performed with the help of both the hands in which palm of right hand facing forward and fingers extended and left hand palm placed near omphalos with extended fingers.



1979 France Maximum Cover Temple De Borobudur, Java Buddha stamp with Varada Mudra and Varada Mudra Pictorial Postal Cancellation.



India Post Pictorial Post Card 35 meter statue of Maitreya Buddha in Varada Mudra Nubra Valley, Leh India

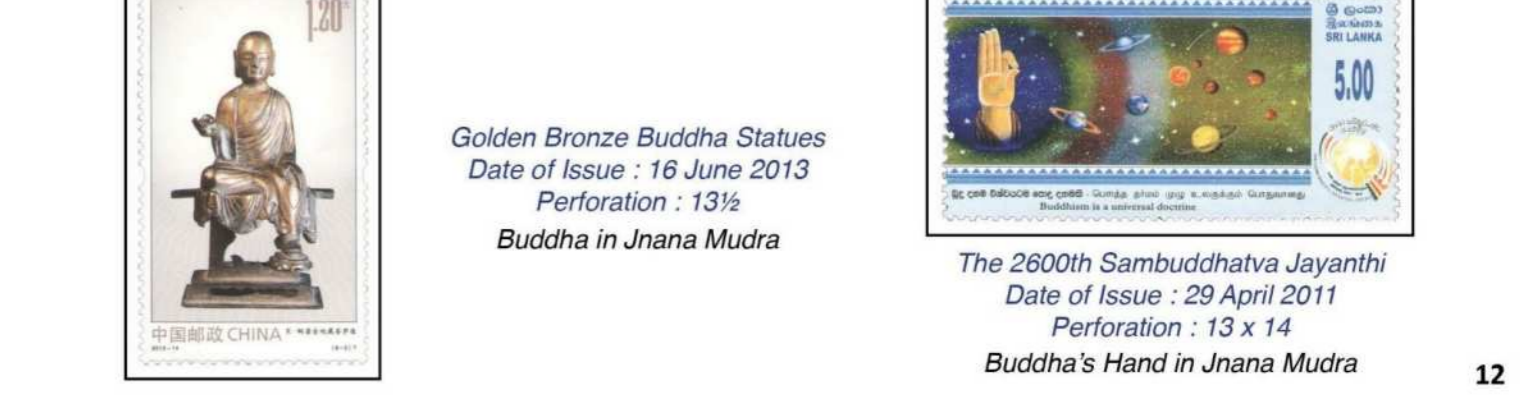
11

9 JNANA MUDRA

In Sanskrit, the work 'Jnana' means knowledge or wisdom Mudra means sign or gesture. Jnana Mudra literally means the psychic gesture of knowledge or wisdom. Fold the index finger and let it touch the base of the thumb. The forefinger forms a circle, but the thumb points straight out. Straighten the other three fingers.



China Golden Bronze Buddha Statues Buddha in Jnana Mudra Maximum card



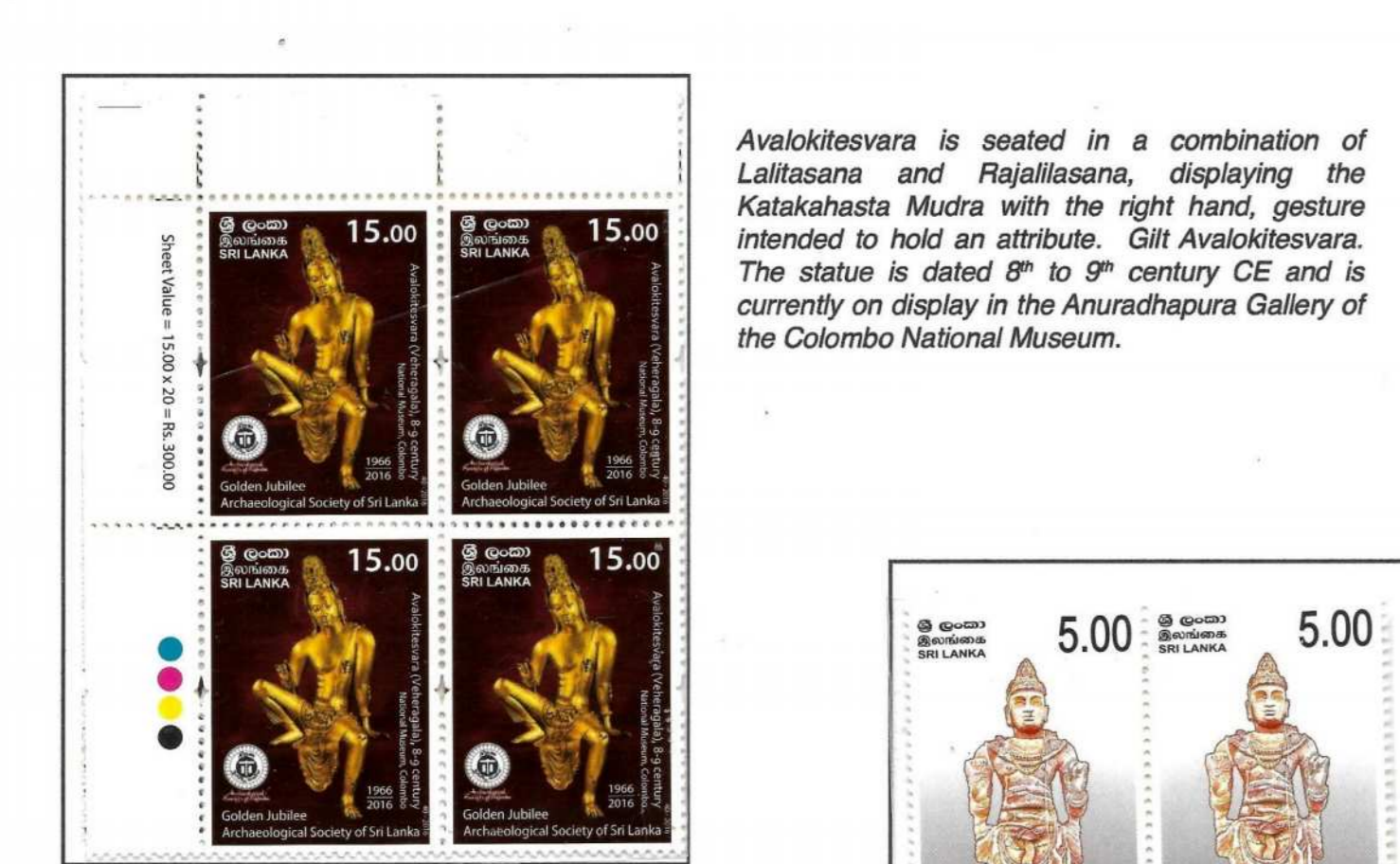
Golden Bronze Buddha Statues Date of Issue : 16 June 2013 Perforation : 131x Buddha in Jnana Mudra

The 2600th Sambuddhicha Jayanti Date of Issue : 29 April 2011 Perforation : 13 x 14 Buddha's Hand in Jnana Mudra

12

10 KATAKAHASTA MUDRA

In Katakahasta Mudra the middle finger and the ring finger is bent to form an arch and the thumb is slightly bent. Thus a "C" shape is formed with the Middle finger, Ring finger and the Thumb. The other fingers are erect.

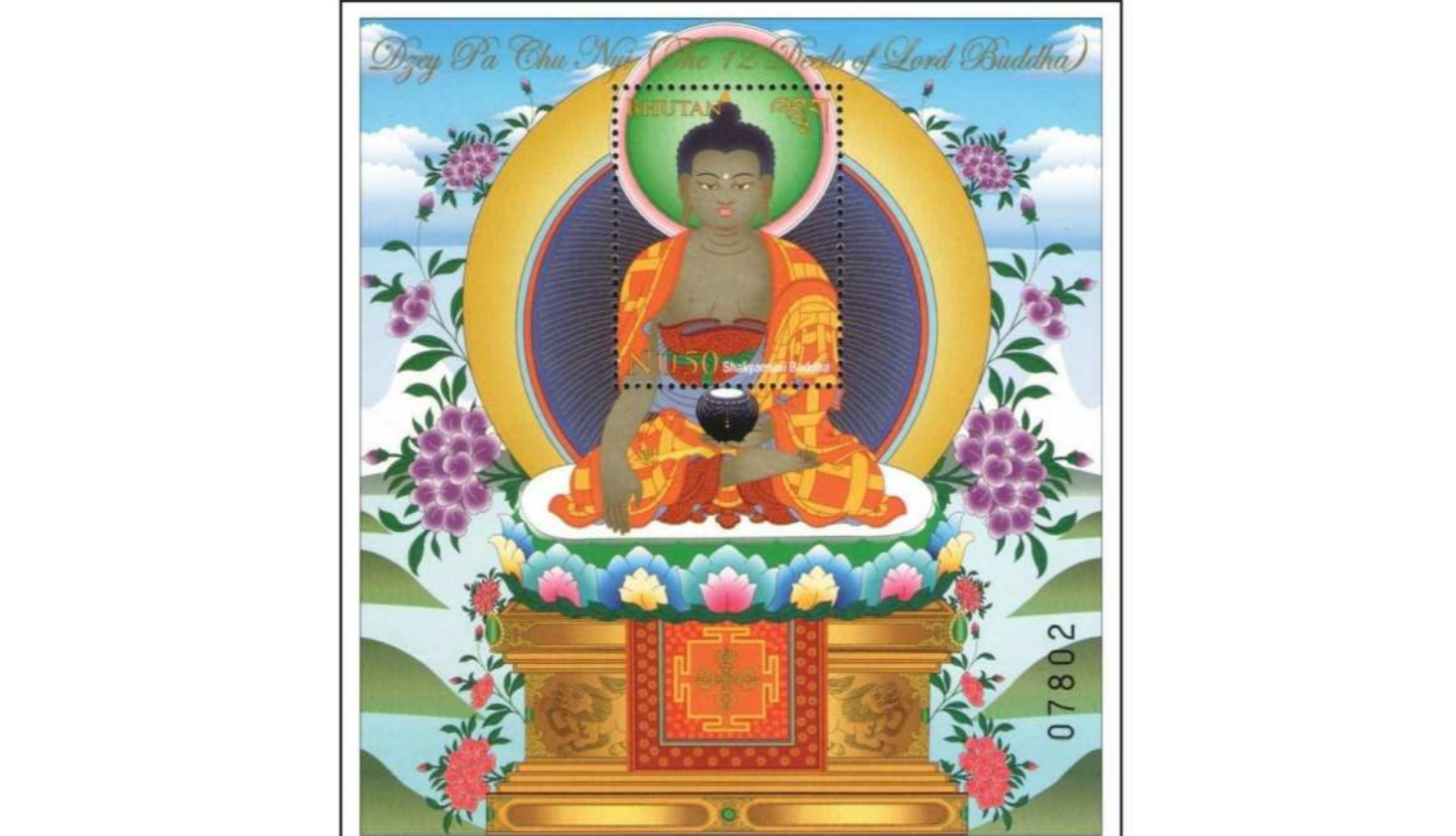


Stamps of Dambodipa Bodhisattva Statue. The 32 feet 2 inches tall standing Buddha belongs to the 7th to 8th century AD in the Samabhang posture in the equislope body where the right and left of the figure are disposed symmetrically, the sutra or plumb-line passing through the navel from the crown of the head to a point midway between the heels. Samabhang posture depicting strength, vitality royalty and sculptured of the end displaying the Katakahasta Mudra. (The Middle Finger and the Ring Finger is bent to form an arch and the thumb is slightly bent. Thus a "C" shape is formed with the Middle Finger, Ring Finger and the Thumb. The other fingers are erect).

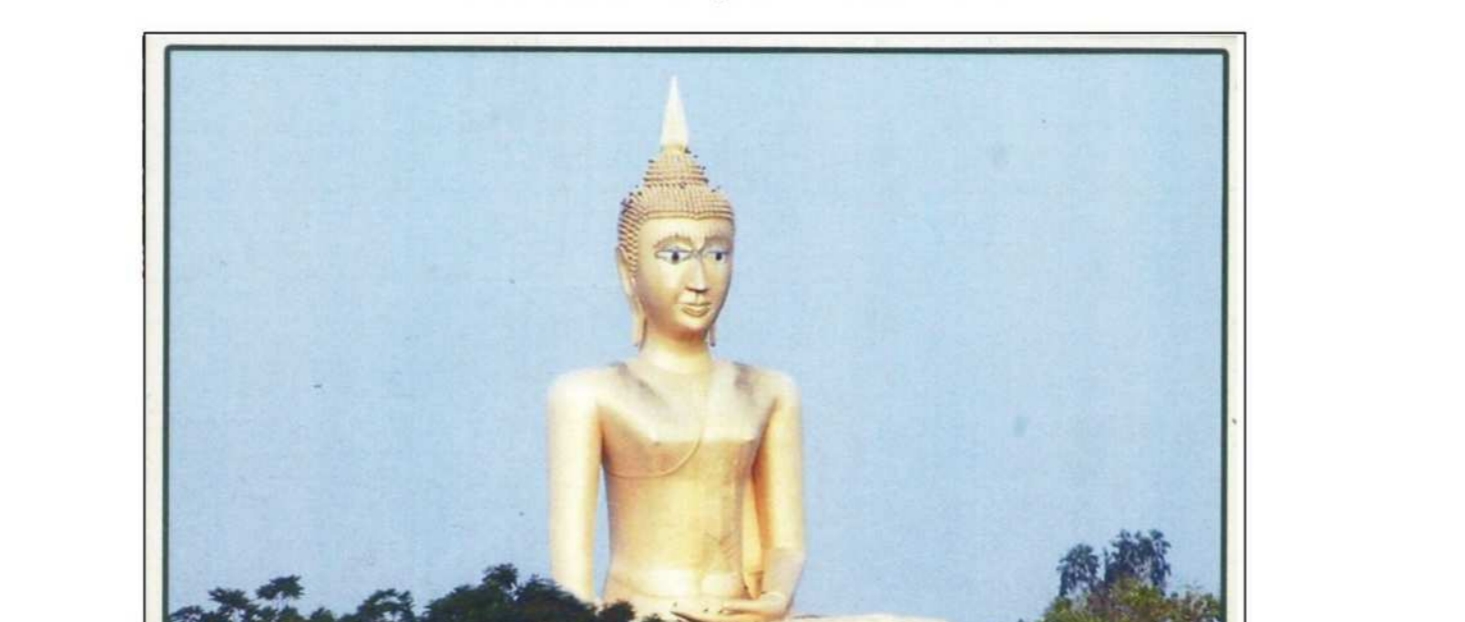
14

11 MEDICINE BUDDHA

The Medicine Buddha, the right hand is held facing downward with fingers extended towards the ground, palm facing outward towards the viewer, a bowl of herbs rests in the left hand upon the lap. It is believed by the Tibetans that the Buddha was responsible for delivering the knowledge of medicine to the people of the world. The Medicine Buddha is venerated by those seeking health, and is more commonly found in the Buddhist temples and communities of Nepal and Tibet.



Buddha in Bhumisparsha Mudra, holding herb of Medicines in a bowl in left hand. Medicine Buddha Date of Issue : 31 July 2014) Perforation : 13



India Post Card released by Kolkata GPO, Buddha holding herbs of medicines Medicine Buddha

14

12 BHUMISPARS MUDRA

Bhumisparsha Mudra gesture is also known as "Touching the Earth" which represents the moment of the Buddha's awakening as he claims the earth as the witness of this enlightenment. It is performed with the help of the right hand, which is held above the right knee, reaching towards the ground with the Palm inward while touching the lotus throne.



Buddha in Bhumisparsha Mudra



Peace Mandala Buddha in Bhumisparsha Mudra Sticker Stamp Mongolia 2004

14

13 COSMIC MUDRA & TARJANA MUDRA

It is Zen meditation technique Sit crossed-legged with hands cupped together Cosmic Mudra. Tarjina Mudra in the index finger points upward thus shows the right path is the path that leads upwards the path of developing wisdom and purifying the mind



Cosmic Mudra Macau 2021 Perforation : 14x14 Tarjana Mudra Macau 2021 Perforation : 14x14



Macau 2021 pre stamped letter from Macau to Hyderabad India the enlightened Buddha is sitting cross-legged on lotus petals knotting the meditation seal - the Cosmic Mudra; Shakyamuni at birth Buddha with right hand raised high pointing to the heaven in Tarjina Mudra and left hand pointing to the earth. The souvenir sheet is based on the birth of Buddha Shakyamuni, Buddha pointed to heaven and earth in Tarjina Mudra. And pictorial cancellation of Buddha is sitting cross-legged on lotus petals, knotting the meditation seal with hands cupped together - the Cosmic Mudra.

13

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Back Ground: Mudra is used in the iconography of Hindu and Buddhist art of the Indian subcontinent and described in the scriptures, such as Nāṭyaśāstra. Mudra positions are usually formed by both the hand and the fingers. Along with āsanas ("seated postures"), they are employed statically in the meditation and dynamically in the Nāṭya practice of Hinduism. Hindu and Buddhist iconography share some mudras.

While some mudras involve the entire body, most are performed with the hands and fingers. As well as being spiritual gestures employed in the iconography and spiritual practice of Indian religions, mudras have meaning in many forms of Indian dance, and yoga. In addition, many of the Buddhist mudras are used outside South Asia, and have developed different local forms elsewhere

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PLAN

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2	Dharma Chakra Mudra	4
3	Dhayana Mudra	5
4	Abhaya Mudra	7
5	Vitarka Mudra	8
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1 INTRODUCTION

The statues of Buddha show a particular Mudra (a Sanskrit word) or hand gesture. Mudra is a position of hand often depicted in Buddhist art and used in practice to evoke a particular state of mind. Commonly found mudras or representations of Buddha are hands folded in the lap which signifies meditation, a palm held up facing outward signifies the act of teaching or reassurance or an open palm pointed downward signifies generosity.



Sangay Marmey-Dzey considered the Sixth Buddha the Enlightener and Illuminator. In the stamp painting, the Buddha is depicted as seated in Vitarka (Preaching) Mudra



Je Tsongkhapa. Religious scholar of the 14th century. On the stamp painting, he is depicted in Dharmachakra Mudra seated on a White Elephant



Chana Dorji (Vajrapani) is a divine Bodhisattva emanating from the Dhyani Buddha Aksobhya, wearing the skull head dress of a Heruka with a Vajra in his right hand and his left hand in Karana Mudra



Three Great Teachers - In Mahayana Scriptures the noblest Bodhisattvas, out of compassion. The painting depicts three great teachers in Dharmachakra Mudra in centre and Vitarka Mudra in left and right



Chenresik, Jampeyang and Tashithagye. On the stamp painting, on the left side is Chenresik (Avalokiteswara) in the Varada Mudra Compassion, in the centre Tashi-Thagya (Eight Auspicious Signs) in the form of a pot and on the right side is Jampeyang (Manjusri) in Abhaya Mudra

Religious Thankas or Banners are paintings of sacred and ceremonial subjects, which are hung at Buddhist Temples. Five Rayon Silk stamps (rare) honouring his Holiness Jamyang Yeshey Singhay Rimpoche, late Head Lama of Bhutan who attained Nirvana on 12 March 1969.



Proof - Buddha in Abhaya Mudra



Proof - Dhyana Mudra 18th Century Statue from Wat Phra Keo Vientiane Leon



Proof - Bhumisparsha Mudra: Statue from Wat Phara Keo Vientiane



Proof - Buddha Calling to the Rain. 17-18th century statue from Wat Phra Keo Vientiane



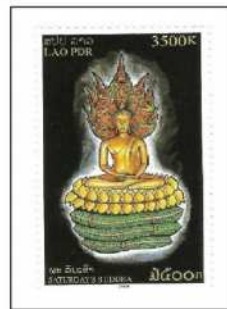
Proof - Right Statue in Abhaya Mudra. 16th Century Statue from Wat Si Saket Vientiane

3 DHYANA MUDRA

Dhyana Mudra is also known as Samadhi or Yoga Mudra. It is performed with the help of two hands which are placed on the lap and right hand is placed on the left hand with stretched fingers (thumb facing upwards and other fingers of both hands resting on each other). This is the characteristic gesture of Buddha Shakyamuni, Dhyana Buddha and the Medicine Buddha.



Special cover issued by Chief Postmaster General, Patna, Bihar Giant Buddha statue in Bodhgaya, India Buddha is in Dhyana Mudra Pictorial cancellation Footprints of Lord Buddha on Lotus

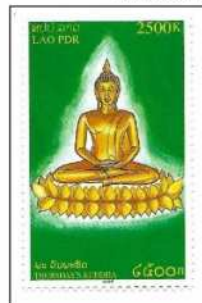


Buddha in Dhyana Mudra

Mongolia 1988 Buddhist god figures Buddha in Dhyana Mudra



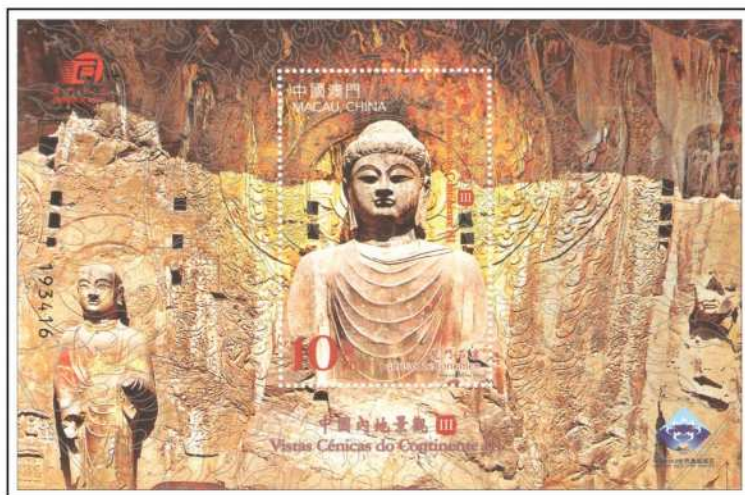
Buddha in Dhyana Mudra Plastic 3D stamp



Buddha in Dhyana Mudra



*Dhyana Mudra (Meditation Posture) **Progressive Colour Proof.** Aden Quaiti South Arabia Buddha, Giant Buddha at Kamakura. The Great Buddha (or Dalbutsu) of Kamakura is one of Japan's most fascinating historical landmarks. The enormous Bronze statue is a representation of Amida Buddha, located on the grounds of the Kotoku-in Temple in Kamakura City.*



The Longmen Grottoes or Longmen Caves are some of the finest examples of Chinese Buddhist art. Housing ten of thousands of statues of Buddha and his disciples, they are located 12 Kilometers south of the present day Luouang in Henan province of China. Buddha in Dhyana Mudra.

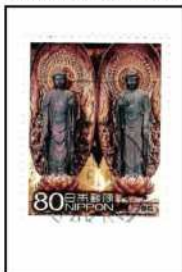
Date of Issue : 8 April 2009 | Perforations : 14

4 ABHAYA MUDRA

Abhaya Mudra is a gesture of fearlessness or blessing that represents the protection, peace, benevolence and dispelling of fear. It is performed with the help of right hand by raising to shoulder height with bent arm and the face of palm will be facing outward with fingers upright whereas the left hand hanging down while standing. This gesture is characteristic of Buddha Shakyamuni and Dhyanī Buddha Amoḥasiddhi.



Yakushi Nyorai Buddha



Japan Twin Buddha of Nison-
in Temple Abhaya mudra



Nauru 1997 Giant Buddha is a large bronze statue of Buddha Shakyamuni, completed in 1993 and located at Ngong Ping, Lantau island in Hong Kong. The statue is sited near Po Lin Monastery and symbolises the harmonious relationship between man and nature, people and faith.



Hong Kong 2011 Dunhuang Grottoes. Buddhist artwork found in the Magao Caves of Dunhuang in the mainland's north-western Gansu province. Dunhuang was once the gateway to the ancient Silk Road and is famous for its network of underground Buddhist Temples. Buddha in Abhaya Mudra



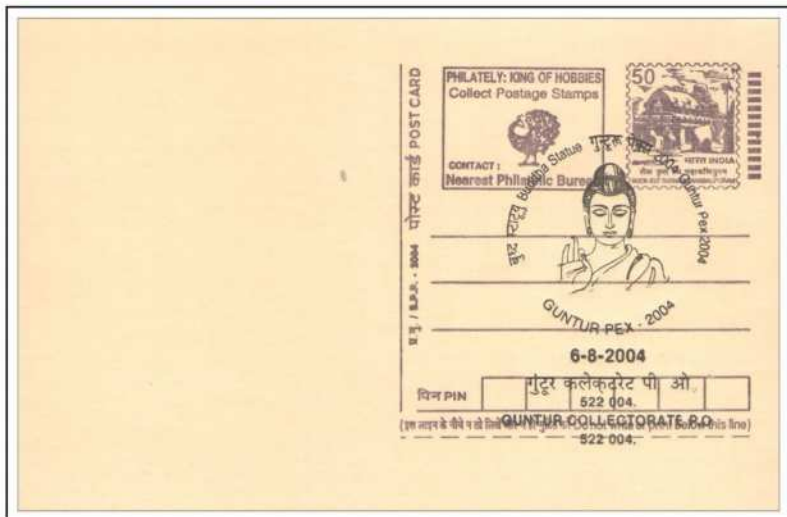
Buddha in Abhaya
Mudra with both hands

5 VITARKA MUDRA

Vitarka Mudra signifies the discussions and transmission of the teachings of the Buddha. It is performed by joining the tips of the thumb and the index finger together while keeping the other fingers straight which is just like to Abhaya Mudra and Varada Mudra. But in this mudra the thumb is touching the index finger.



Mongolia 1988: Buddha with Vitarka Mudra



Indian Post Card with Pictorial Cancellation showing Buddha in Vitarka Mudra



2017 Sri Lanka First Day Cover with Vitarka Mudra Pictorial Cancellation

गुन्टूरु पेक्स 2004
विशेष आवरण

GUNTUR PEX 2004
SPECIAL COVER



अमरवती स्तूप
आन्ध्र प्रदेश

AMARAVATHI STUPA
ANDHRA PRADESH



6-8-2004

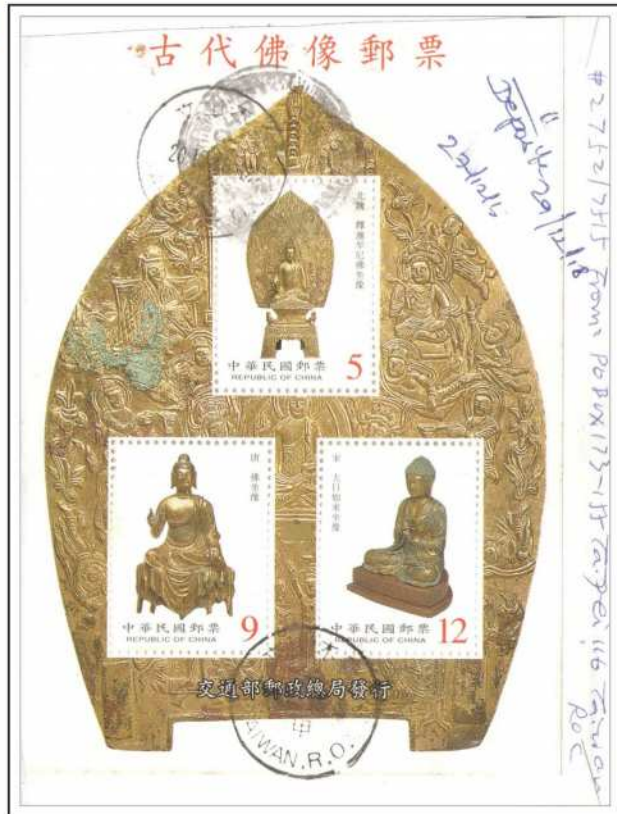
गुन्तूरु कलेक्टरेट पो. ओ.
522 004.

GUNTUR COLLECTORATE P.O.
522 004.

Amaravathi Stupa, Andhra Pradesh, Special Cover with Vitarka Mudra Pictorial Postal Cancellation

6 VAJRA MUDRA

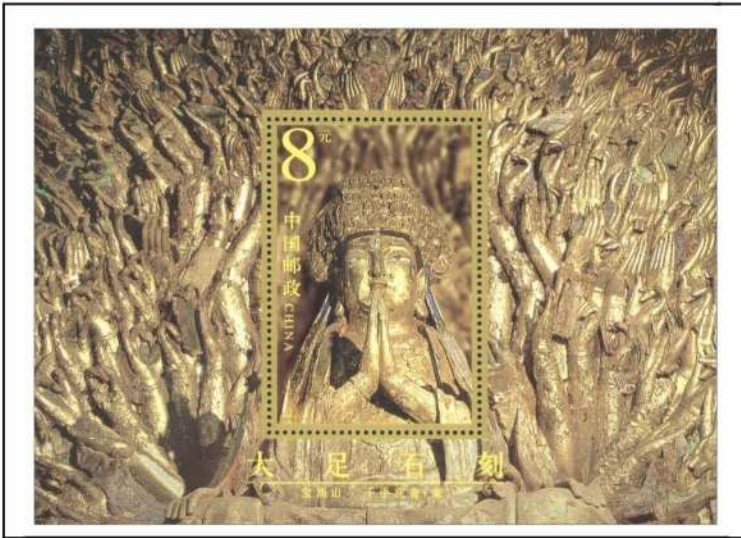
Vajra Mudra gesture denotes the fiery thunderbolt that symbolizes the five elements, i.e., air, water, fire, earth and metal. It is performed with the help of right fist, left hand forefinger, which is placed by enclosing the erect fore finger of the left hand in the right fist with the tip of the right forefinger touching (or curled around) the tip of the left forefinger.



Letter from Taiwan to India with China Miniature Sheet of Buddha with different Mudras. One Buddha stamp with Vajra Mudra

7 ANJALI MUDRA

Anjali Mudra is also called as *Namaskara Mudra* or *Hridayanjali Mudra*, that represents the gesture of greetings, prayer and adoration. It is performed by pressing the palms of the hands together in which the hands are held at the *Heart Chakra* with thumbs resting lightly against the sternum.



*Buddha in Anjali Mudra
1982 China
Color Sculptures of Liao Dynasty*

*Stone Sculptures of Dazu County, Sichuan Province Buddha in Anjali Mudra
Date of Issue : 18 June 2002 | Perforation : 12*

මුල්දින කවරය
முதல் நாள் உறை
First Day Cover

Namaskara Mudra - Gesture of Praying



එක්සත් ජාතීන්ගේ ජාත්‍යන්තර වෙසක් දින උළල
ஐக்கிய நாடுகள் சமையின் ஏர்வதேச வெசாக் தின உற்சவம்
The International Celebration of the United Nations Day of Vesak



8 VARADA MUDRA

Varada Mudra represents the offering, welcome, charity, giving, compassion and sincerity. It is performed with the help of both the hands in which palm of right hand facing forward and fingers extended and left hand palm placed near omphalos with extended fingers.



1979 France Maximum Cover Temple De Borobudur Java Buddha stamp with Varada Mudra and Varada Mudra Pictorial Postal Cancellation.



India Post Pictorial Post Card 35 meter statue of Maitreya Buddha in Varada Mudra Nubra Valley, Leh India

9 JNANA MUDRA

In Sanskrit, the work 'Jnana' means knowledge or wisdom mudra means sign or gesture. Jnana Mudra literally means the psychic gesture of knowledge or wisdom. Fold the index finger and let it touch the base of the thumb. The forefinger forms a circle, but the thumb points straight out. Straighten the other three fingers.



China Golden Bronze Buddha Statues Buddha in Jnana Mudra Maximum card



*Golden Bronze Buddha Statues
Date of Issue : 16 June 2013
Perforation : 13½
Buddha in Jnana Mudra*



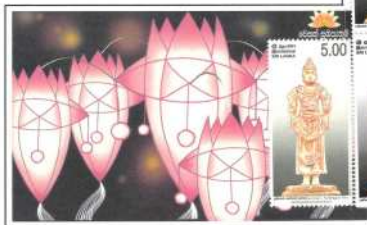
*The 2600th Sambuddhatva Jayanthi
Date of Issue : 29 April 2011
Perforation : 13 x 14
Buddha's Hand in Jnana Mudra*

10 KATAKAHASTA MUDRA

In Katakahasta Mudra the middle finger and the ring finger is bent to form an arch and the thumb is slightly bent. Thus a "C" shape is formed with the Middle finger, Ring finger and the Thumb. The other fingers are erect.



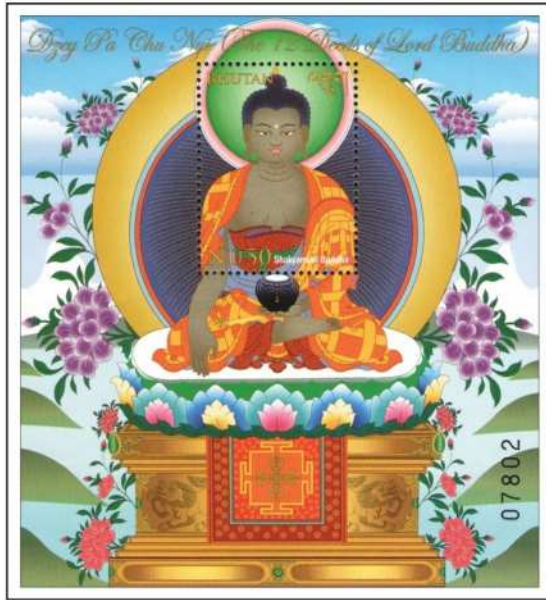
Avalokitesvara is seated in a combination of Lalitasana and Rajalhasana, displaying the Katakahasta Mudra with the right hand, gesture intended to hold an attribute. Gift Avalokitesvara. The statue is dated 8th to 9th century CE and is currently on display in the Anuradhapura Gallery of the Colombo National Museum.



Stamps of Dambegoda Bodhisattva Statue. The 32 feet 2 inches tall standing Buddha belongs to the 7th to 8th century AD in the Samabhangha posture in the equipoise body where the right and the left of the figure are disposed symmetrically, the sutra or plumb-line passing through the navel from the crown of the head to a point midway between the heels. Samabhangha posture depicting strength, vitality royalty and sculptured of the and displaying the Katakahasta Mudra. (The Middle Finger and the Ring Finger is bent to form an arch and the thumb is slightly bent. Thus a "C" shape is formed with the Middle Finger, Ring Finger and the Thumb. The other fingers are erect.)

11 MEDICINE BUDDHA

The Medicine Buddha, the right hand is held facing downward with fingers extended towards the ground, palm facing outward towards the viewer, a bowl of herbs rests in the left hand upon the lap. It is believed by the Tibetans that the Buddha was responsible for delivering the knowledge of medicine to the people of the world. The Medicine Buddha is venerated by those seeking health, and is more commonly found in the Buddhist temples and communities of Nepal and Tibet.



Budha in Bhumispara Mudra, holding herb of Medicines in a bowl in left hand. Medicine Buddha.

Date of Issue : 31 July 2014 | Perforation : 13



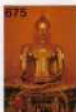
India Post Card released by Kolkata GPO, Buddha holding herbs of medicines Medicine Buddha

12 BHUMISPARSA MUDRA

Bhumisparsa Mudra gesture is also known as "Touching the Earth" which represents the moment of the Buddha's awakening as he claims the earth as the witness of this enlightenment. It is performed with the help of the right hand, which is held above the right knee, reaching towards the ground with the Palm inward while touching the lotus throne.



450
АТЪСНЫ



675
АТЪСНЫ



900
АТЪСНЫ



1800
АТЪСНЫ

Buddha in Bhumisparsa Mudra



450



675



900



1800

Top two - Ruimsa Buddha; Bottom Left - Dhyana Mudra; Bottom Right - Bhumisparsa Mudra. **IMPERFORATE SE-TENANT**

"Peace MANDALA"
in MONGOLIA 2004



Peace Mandala Buddha in Bhumisparsa Mudra Sticker
Stamp Mongolia 2004



20



20

COMMUNICATIONS REPUBLIC OF KOREA

1977 South Korea Stamp Pair Sakkulam Grotto
Buddha in Bhumisparsa Mudra



8



8

Thailand Stamps Buddha in Bhumisparsa Mudra

13. COSMIC MUDRA & TARJANA MUDRA

It is Zen meditation technique Sit cross-legged with hands cupped together Cosmic Mudra. Tarjini Mudra In the index finger points upward thus shows the right path is the path that leads upwards the path of developing wisdom and purifying the mind



Cosmic Mudra
Macau 2021
Perforation 14x14



Tarjina Mudra
Macau 2021
Perforation 14x14



Macau 2021 pre stamped letter from Macau to Hyderabad India the enlightened Buddha is sitting cross-legged on lotus petals knotting the meditation seal - the Cosmic Mudra; Shakyamuni at birth Buddha with right hand raised high pointing to the heaven in Tarjini Mudra and left hand pointing to the earth. The souvenir sheet is based on the birth of Buddha Shakyamuni, Buddha pointed to heaven and earth in Tarjini Mudra. And pictorial postal cancellation of Buddha is sitting cross-legged on lotus petals, knotting the meditation seal with hands cupped together - the Cosmic Mudra.