

Dhyāna is the continuous flow of cognition toward that object
Patanjali Yoga Sutas 3.2



My jade Buddha

Smiling with the Buddha

by Hazel Faithfull

I have a lovely jade Buddha that smiles back at me while I sit. It can seem that he giggles as my mind wanders the avenues and dead-ends of my thoughts. Those

times even my pranayama ails to steady the fluctuations of the mind, he just quietly smiles to remind me of loving kindness & to forgive myself.

As an oral tradition The Buddhists have many lists to help memorise the details. There are 32 auspicious marks that define a Buddha, these characteristics resonating the qualities and attitude of endeavour. Maybe some of these 32 can inspire our own practise:

The **Buddha's back** is straight as his straight dealings with the world. The **upper torso** is progressively broader, like that of a lion. This comes from his having never humiliated or looked down upon others regardless of their status, power, or wealth. Nor scolded others privately or in front of crowds, and never belittled others' beliefs or religions.

His **elbows and kneecaps** do not stand out. This is from the intensity of his practice in having perfected the six far-reaching attitudes. The list of six perfections are: giving, ethical self-discipline, patience, joyful perseverance, mental stability (concentration), and discriminating awareness (wisdom).

His **voice** is melodious like that of an ancient song-bird, flowing without effort. A Buddha's **tongue** is extremely long as always spoken kindly to others with words of encouragement and having treated them as gently as an animal licking its young. His **skin** is likewise as fine and unblemished as purified gold free from all taints. Result of his accommodating others in need of lodging.

His **teeth** are long and even, having always earned his living honestly. He has never benefited through wrong livelihoods. These list as five types of ill-gotten gains: flattery, pressure, extortion, bribery, pretence.

His **eyes** are clear and bright having looked at all with equal compassion, and **eyelashes** are beautiful and long, like those of a bull, having regarded others without any attachment, hostility, or naivety.

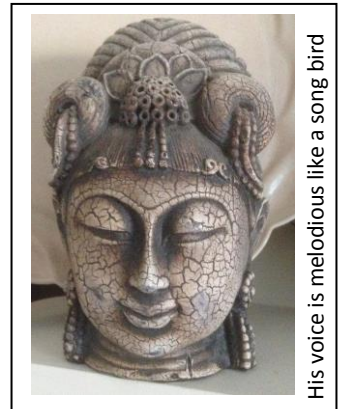
The seven factors of awakening align with our Hatha Yogic journey from Patanjali's Sutas. Vipassana our mindfulness, the guiding intention of Sila or morality as with Yamas and Niyamas, preparing and leading us to the ultimate goal of Samadhi or Bojjhngas, gaining enlightenment .

- Vipassanā**
1. Sati or Smṛti ~ mindfulness
 2. Dhamma vicaya ~ investigation
- Sila**
3. Viriyu ~ Strength and effort
 4. Pīti ~ Joy & zest
 5. Passaddhi ~ tranquillity & the antidote to restlessness
- Samādhi**
6. Samādhi ~ Concentration
 7. Upekkhā ~ Equanimity

So as I sit and enjoy the foundation of my breath, the light of the candle flame and the smile of my Buddha with the wise words of Patanjali, I can call on these other qualities. Leading me from ekagrātā or single pointedness into Dhyāna and those wonderful glimpses of Samādhi

Hazel is teaching her next BWY Foundation 1 course in March 2016.

References: Patanjali's Yoga Sutas translation by Sri Swanmi Satchidananda
Meditation cards by Romino Shrestha
Thirty-two Auspicious Signs berzinarchives.com
'The Middle Way' course with Sarah Shaw



His voice is melodious like a song bird



Tara Meditation card Romio Shrestha