# BECOMING BUDDHA

A single object can display multitudes of meanings and significance, from the political to the personal. Connecting the Burmese Budhha to the Indian, Sri Lankan and Chinese Buddhas, and inviting the viewers to be a part of the panel, by looking into the mirror, this project bridges art and life.

In the 6th century BCE, Prince Siddhartha renounced his life and attained enlightenment in Bodh Gaya (Bihar, India), becoming the Buddha—the enlightened one. After his Mahaparinirvana (ultimate liberation) or passing away, Emperor Ashoka (c.300 BCE) spread his teachings across India and beyond, affecting regions of Sri Lanka, Central, East, and Southeast Asia. This gave birth to numerous art schools that emerged from regional sensibilities. These schools, whether following or diverging from the sacred texts, created locally relevant and meaningful depictions.

Given present personal anxiety, social unrest, and global conflict, we have curated a moment for inspiration and introspection, encouraging viewers to connect, reflect, and emphasise that becoming a Buddha is not about the form but about the enlightenment within.

Bhumisparsha mudra

Dhyana mudra

Padmasana

The Three-elephant

**Burmese Seated Buddha**

18th Century
Mon Region or Shan State
Myanmar, South East Asia
Lacquered and Gilded Wood
1872,0701.1
Donated by Mrs John Bridge, Miss Fanny Bridge, and Edgar Baker

Highlighting the sculptural skill and wealth of the patron, this lacquered wood figure depicts the Buddha seated in padmasana (cross-legged), enthroned on three elephants, with his right hand in bhumisparsha mudra (touching the earth)—representing the moment of enlightenment—and calling upon Mother Earth as witness to this.

The Buddha in teaching posture
Period 5th Century
5 Feet in height, Material - Sandstone,
Location - Sarnath, India.

The "Avukana" Buddha Statue
Period 5th Century
46Feet in height, Material - Granite ,
Location - Avukana, North Central province,
Sri Lanka.

The Reclining Buddha Statue
Period 6th Century
75.46 feet in length, Material - Sandstone ,
Location - Anyue, Sichuan provice, China.

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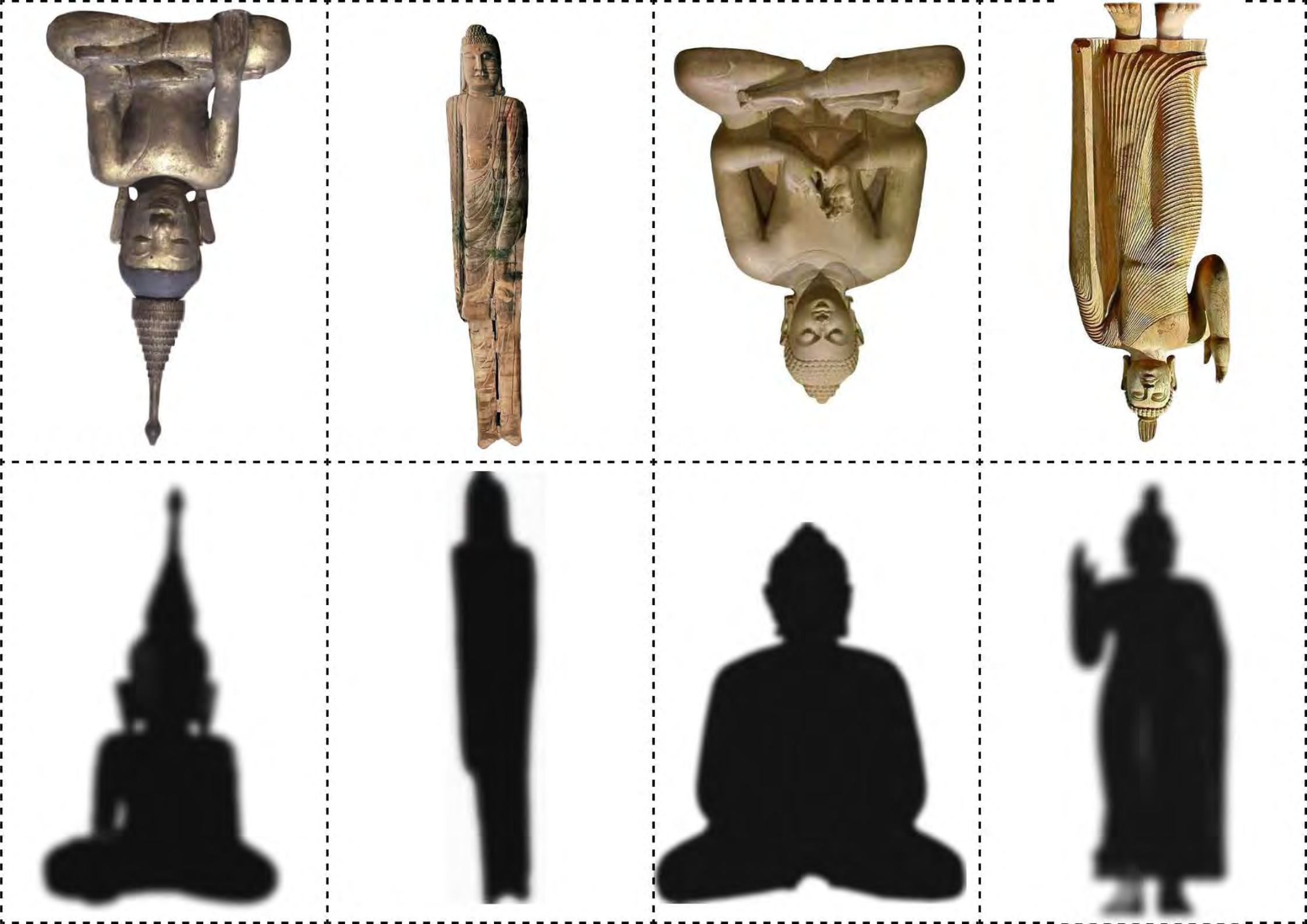


Love

I can

Shyness

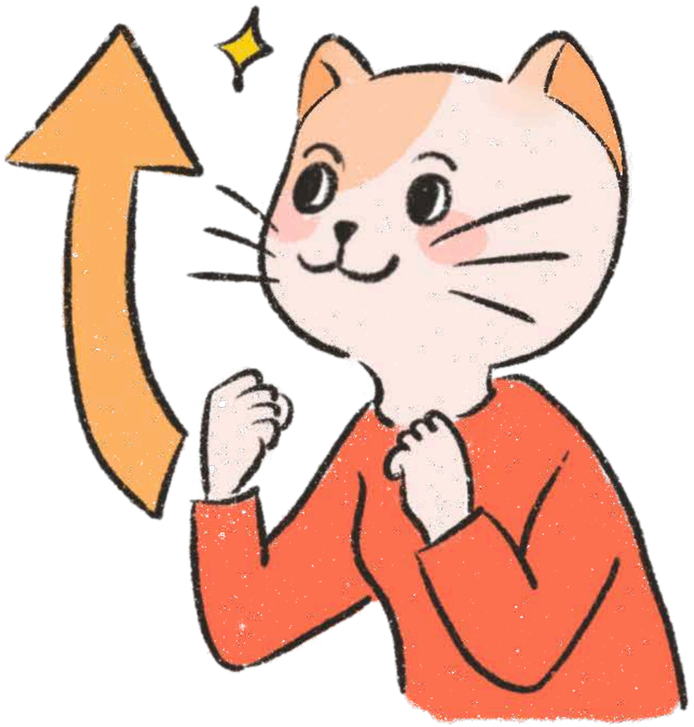
Anger

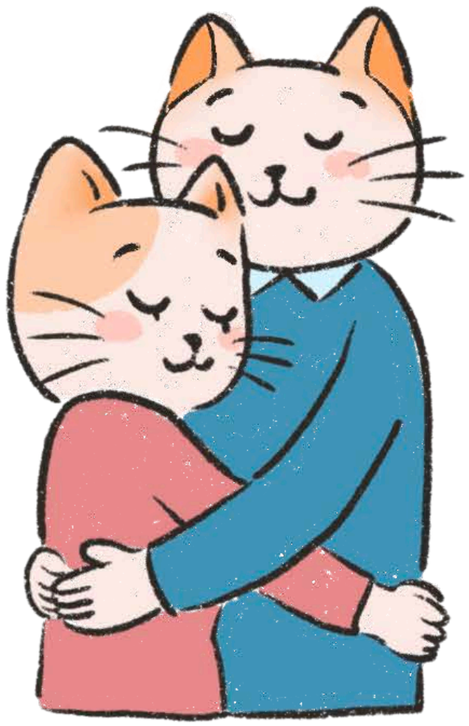
Loneliness

Worry

Joy

Oh gosh





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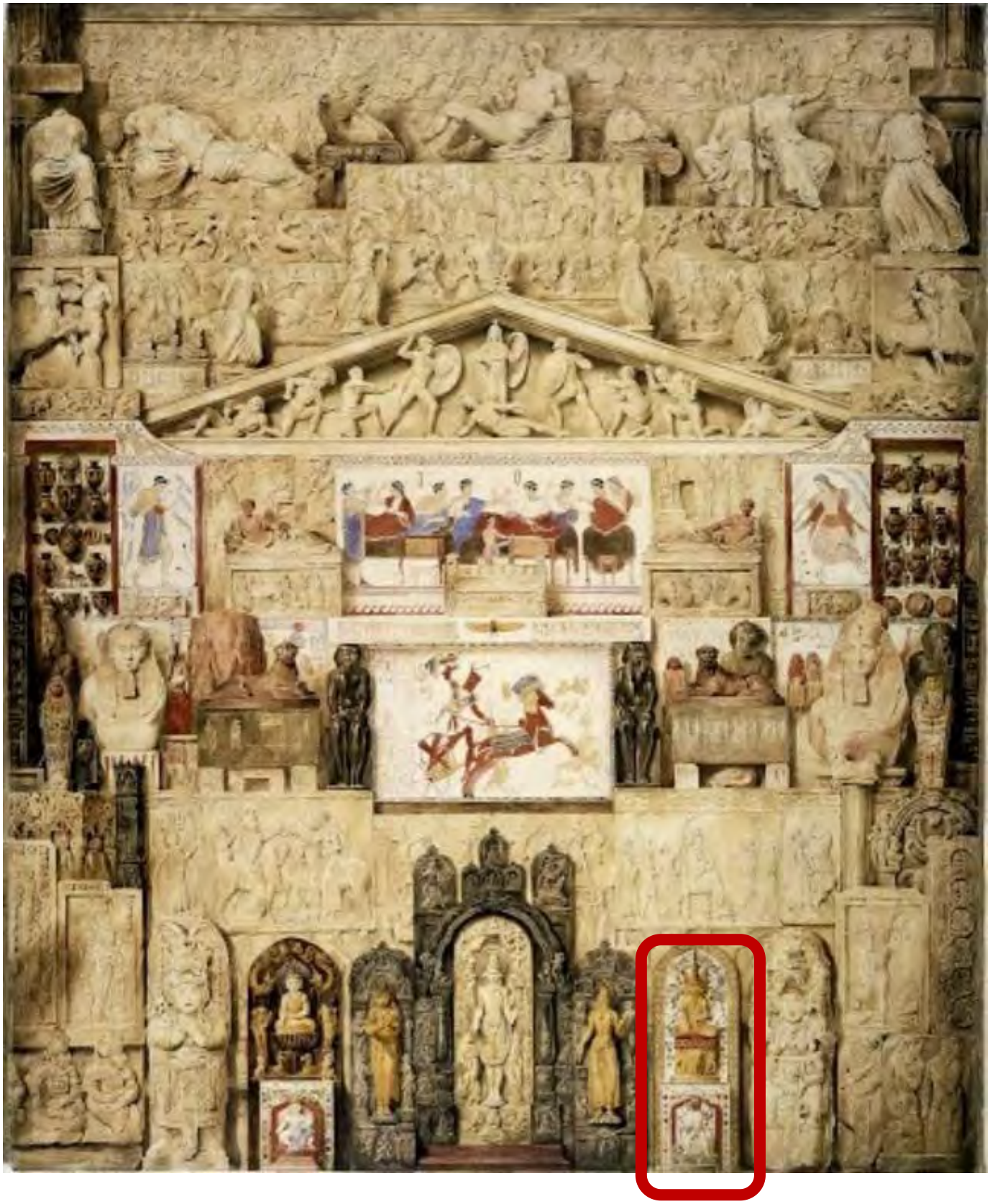
Bhumisparsha mudra

Padmasana

Dhyana mudra

The Three-elephant