

E – POSTER COMPETITION IN THE REMEMBRANCE OF GAUTAMA BUDDHA

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ROLL NO. – 46

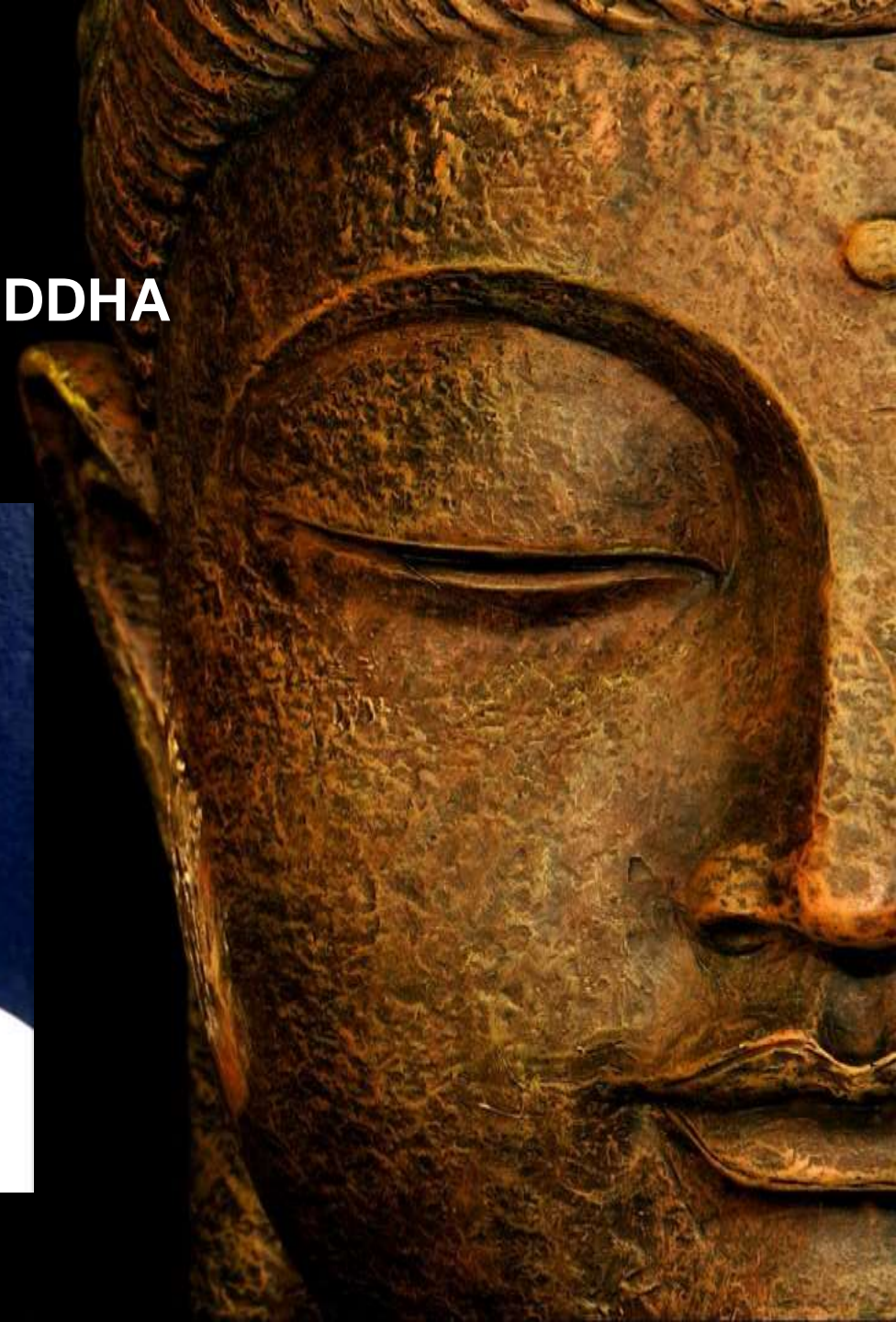
CAMPUS – MGMIHS, Kamothe, Navi Mumbai

PROGRAM – BPTth

YEAR – 3rd Year

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**Buddhism is the religion of world humanity.
It was not meant for a particular nation or community or beneficiary group.**

Buddha's message was Peace, Nonviolence, Equality, Brotherhood and Friendship.

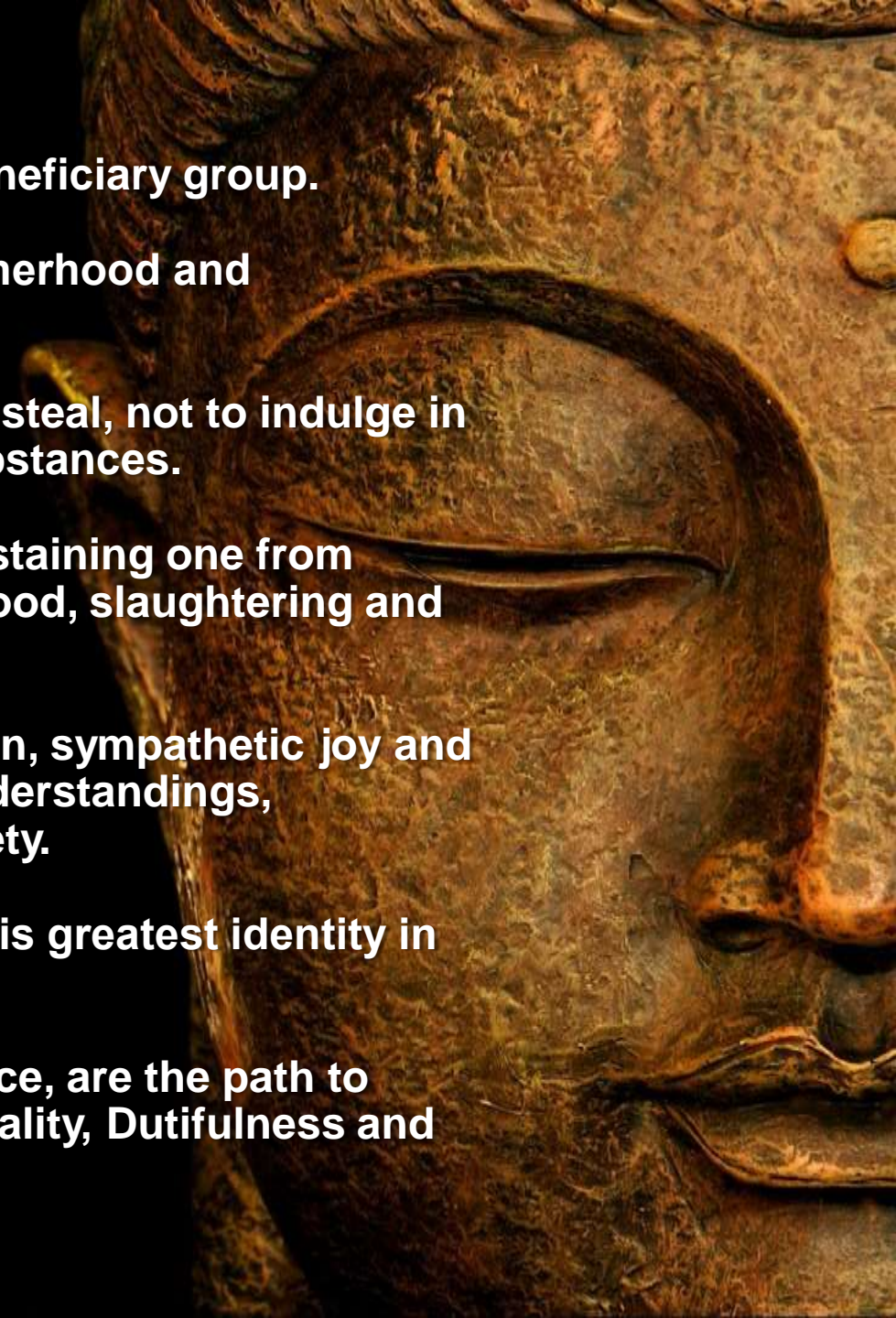
Buddhism promotes FIVE main precepts - not to kill, not to steal, not to indulge in unlawful sex, not to tell lies and not to take intoxicating substances.

Gautama Buddha also taught human values and morals abstaining one from torture, adultery, human trafficking, raping, robbing, falsehood, slaughtering and violence.

Buddha's universal theory of – loving kindness, compassion, sympathetic joy and meditation, is said to drive away all the defilements, misunderstandings, fundamentalism and unwholesome activities from the society.

Gautama Buddha's golden message, "Hatred to None", is his greatest identity in the human world.

Buddha always said that – Unity, Self-power and Self-reliance, are the path to human development and that all comes from Courtesy, Morality, Dutifulness and Self-sacrifice.



One Moment can Change a Day, One Day can Change a Life and One Life can Change the World – Gautama Buddha

About four years ago when I was at a crossroad and completely stuck, a family friend said, “Why don’t you try Vipassana? I’ve heard it guides a soul and save one from darkness.”

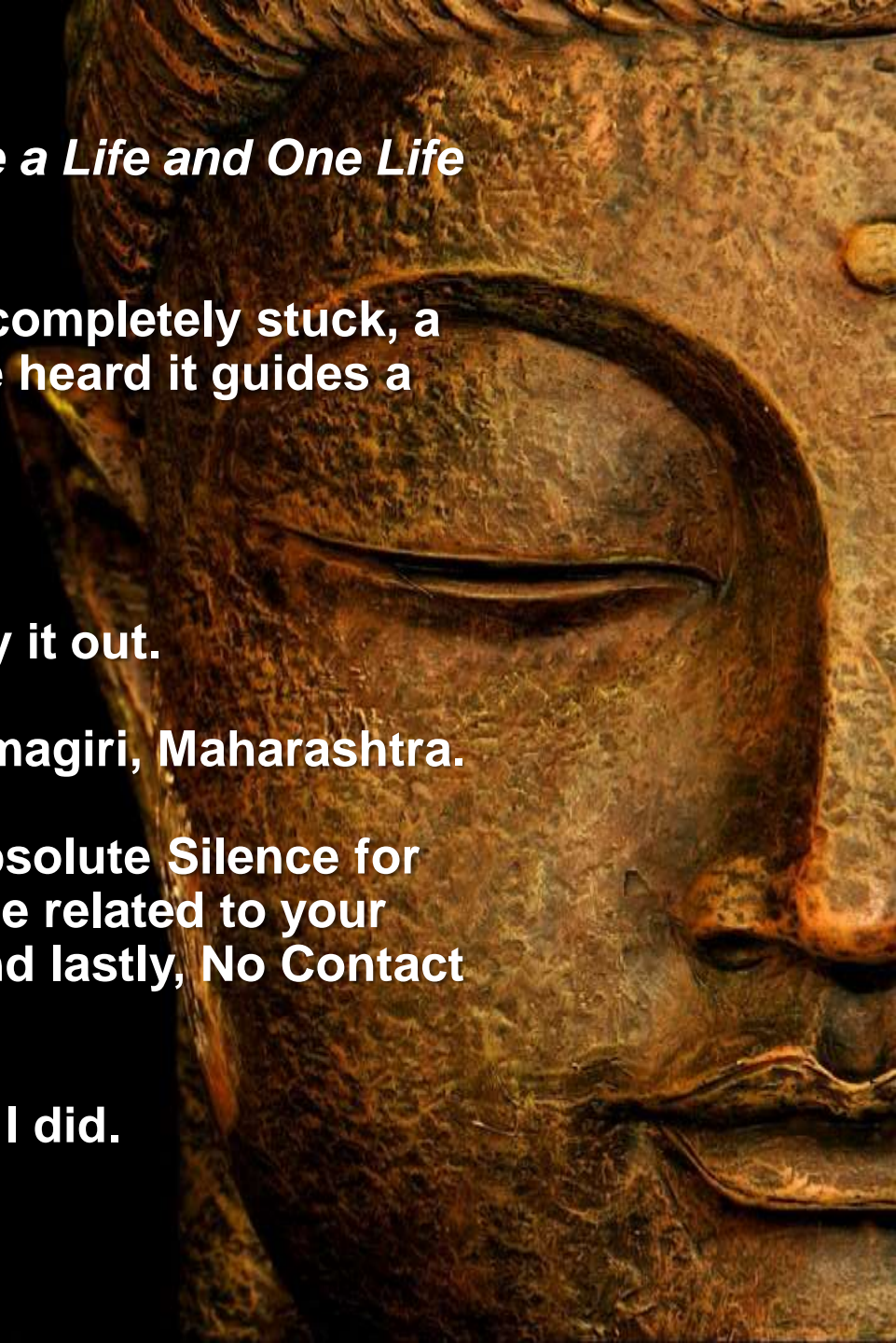
And so I googled – What is Vipassana?

“An insight into a true Reality”, it said. I decided to try it out.

I enrolled for the ‘Ten Days’ course at Igatpuri, Dharmagiri, Maharashtra.

The rules of the course scared me. It said – Follow Absolute Silence for ten days, No Mobile Phones or Books or Anything else related to your outside life, Follow 10pm to 4am sleep-wake cycle, and lastly, No Contact to the Outside World.

“How will I survive this?”, I thought. But surprisingly, I did.



If you are quiet enough, you will hear the flow of the Universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is the key – Gautama Buddha

I never really understood the true meaning of this quote. But over the period of ten days, I did.

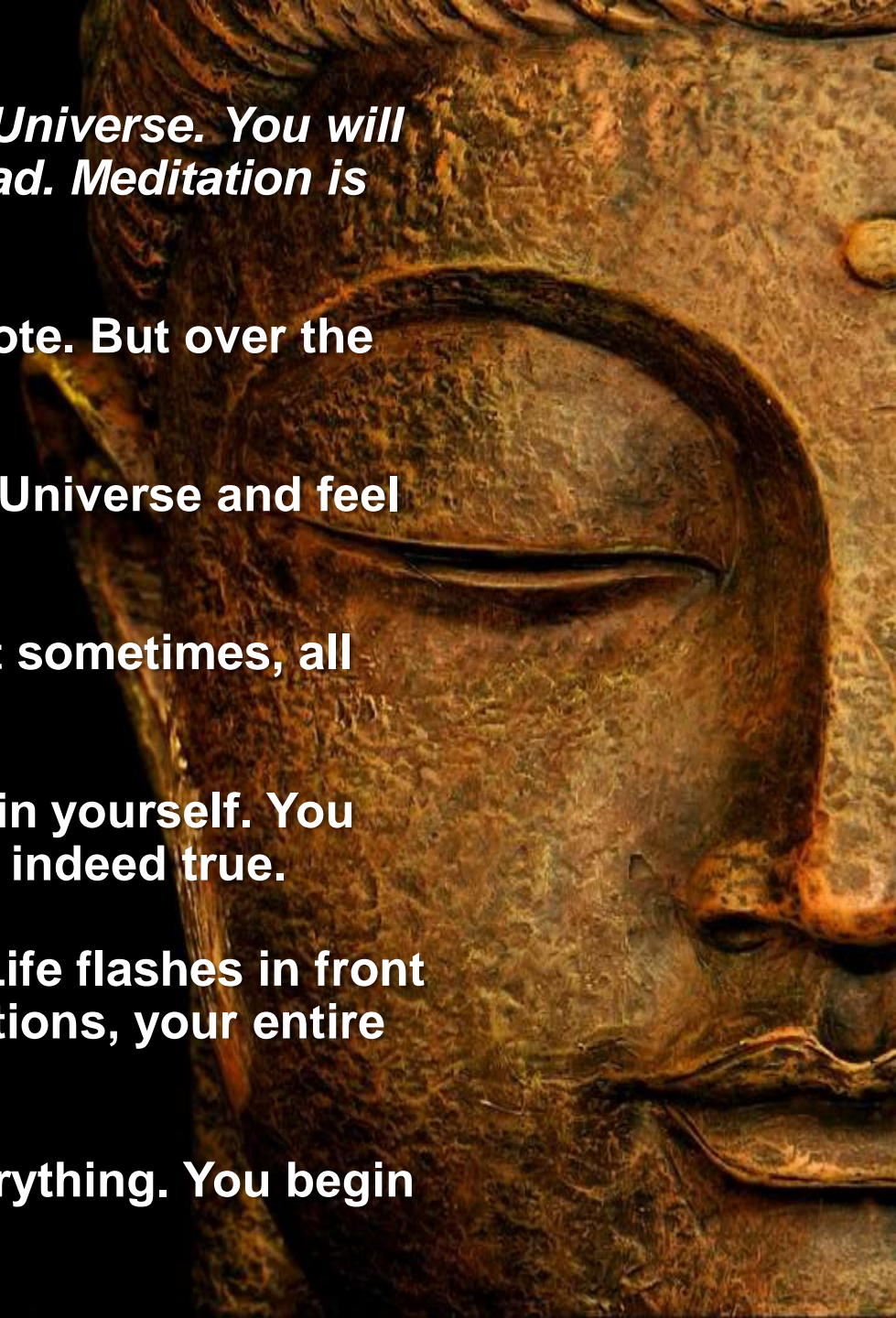
‘Absolute Silence’ allowed me to hear the flow of the Universe and feel its rhythm.

Socializing is an important aspect of Human Life. But sometimes, all we need is some Silence and Freedom of Thoughts.

They say, “All the answers you seek, actually lie within yourself. You alone have the Power to unlock all the answers”. It is indeed true.

When you are alone with your thoughts, your entire Life flashes in front of your eyes. All your deeds, your decisions, your actions, your entire journey flashes in front of you.

You begin to understand ‘Why’ and ‘How’ behind everything. You begin to understand the bigger picture.



The mind is everything. What you think you become – Gautama Buddha

When one practices Vipassana, one undergoes, ‘Self-transformation through Self-observation’.

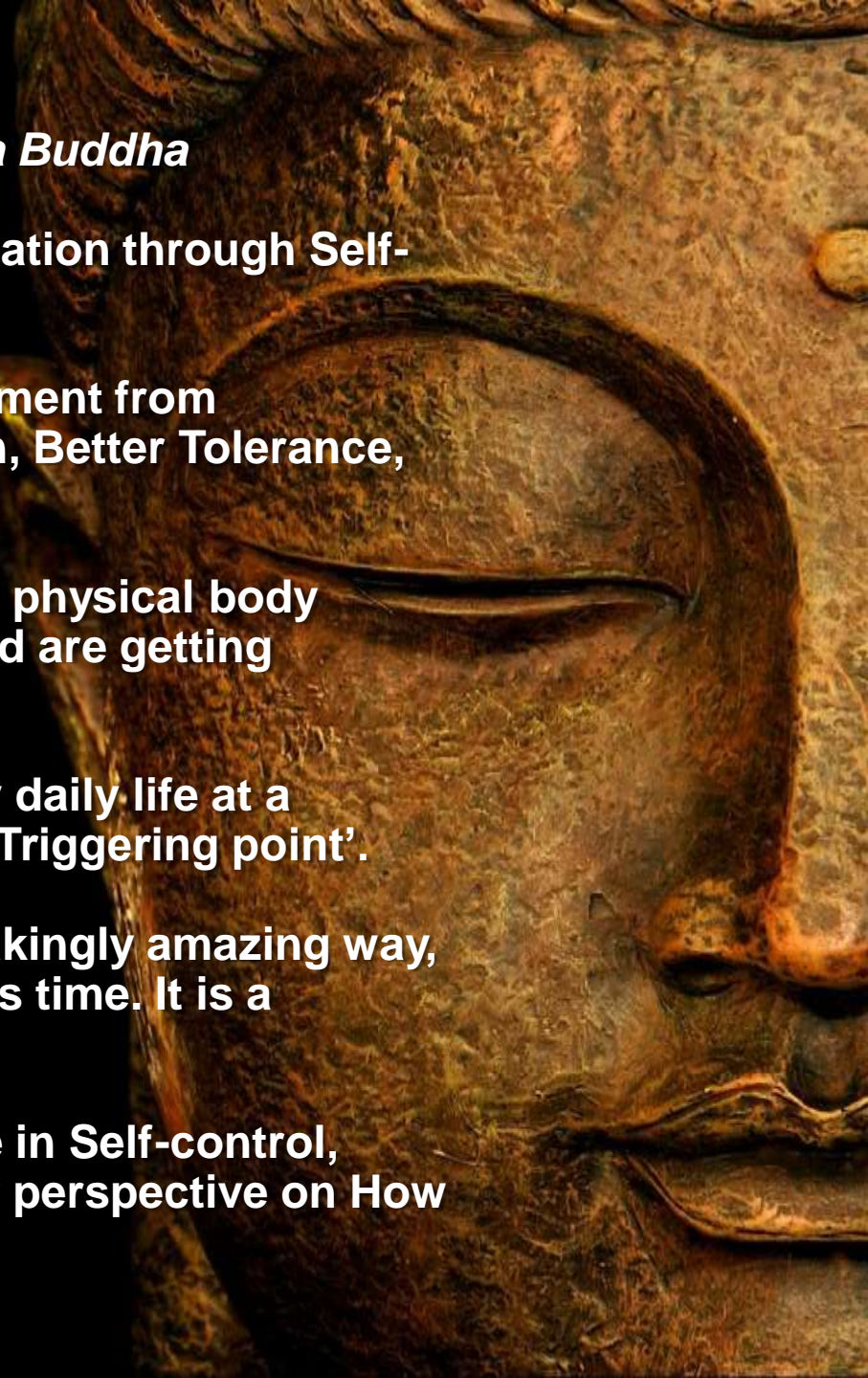
Unknowingly, one begins to follow certain virtues like – Detachment from materialistic things, Controlling emotions, Better Concentration, Better Tolerance, Patience, Forgiveness, and Controlled Sexual Drive.

The ten days course gave me a window to see the reality within physical body boundaries and experience how impurities of my body and mind are getting eradicated.

Post the course, with time, I began cultivating few virtues in my daily life at a smaller scale as, ‘Any Event in Life, can only be a Starting or a Triggering point’.

It did not completely change my life right away in an – earthshakingly amazing way, because, Learning and Change in Life is a slow process. It takes time. It is a Process, not an Event.

Changes started by having a Calmer Mind than earlier, increase in Self-control, increase in Patience & Tolerance and most importantly, a better perspective on How I want to live a Life and How can my Life get Better.



Drop by drop is the water pot filled. Likewise, the wise man, gathering it little by little, fills himself with good – Gautama Buddha

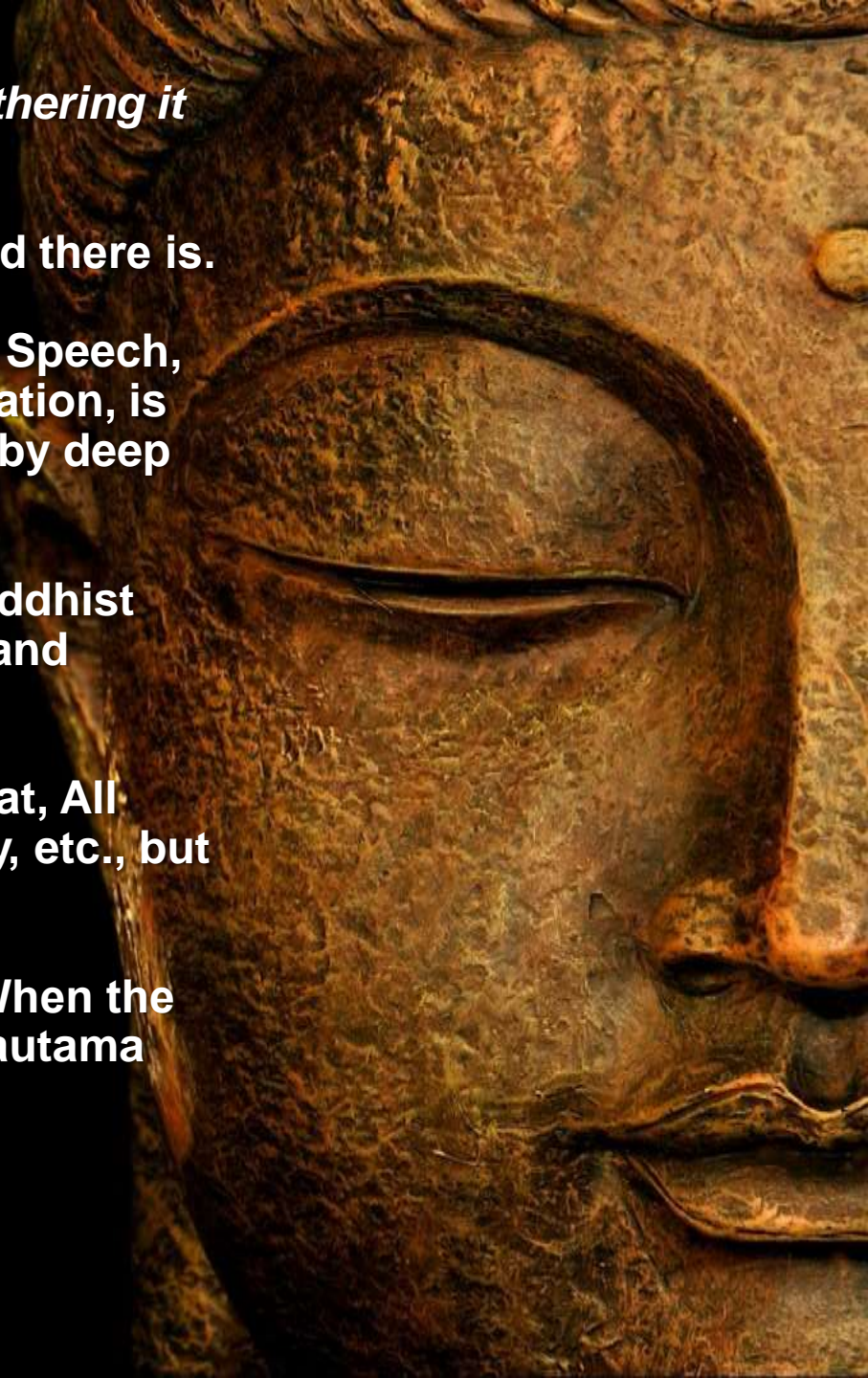
They say, ‘There is always a room for more learning’, and indeed there is.

The Eight Fold Path – Right Mindfulness, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort and Right Concentration, is something I am looking forward to develop and learn with time by deep Meditation and by practicing my pre-developed virtues.

At present, many techniques of Meditation exists today. But Buddhist philosophy is better than religion as it offers the most tolerant and accepting approach of all.

One of the most important thing you learn from Buddhism is that, All religions teach us to stay away from anger, greed, fear, jealousy, etc., but only Buddhism teaches us how to actually do it.

“We are shaped by our Thoughts; we become what we Think. When the mind is Pure, Joy follows like a Shadow that never leaves” – Gautama Buddha



THANK YOU

