

**Objective:**

Explore the themes, symbolism, and artistic techniques in Buddhist artwork and reflect on how these elements convey Buddhist principles.

**Instructions:**

Visit the following artwork at The Metropolitan Museum of Art:

1. <https://www.metmuseum.org/art/collection/search/44898>

Take time to carefully observe the details of the artwork. Consider the visual elements such as posture, gestures (mudras), attire, facial expressions, and accompanying symbols.

Compose a 1–2 page reflection that addresses the following:

- Observation: Describe the artwork in detail. What do you notice about the colors, shapes, and composition? What stands out to you the most?
- Symbolism: Reflect on how the depicted imagery relates to Buddhist teachings or principles, such as compassion, mindfulness, or enlightenment.
- Personal Response: How does this artwork make you feel? Does it resonate with any ideas or practices you've learned in this class? Why or why not?
- Significance: Why do you think this artwork was created, and what role might it have played in the lives of its viewers or worshippers?