

BUDDHAS

1994

A photographic, philosophical and inspirational journey through the honorable path of the enlightened one with his calmness, mindfulness and endless compassion.



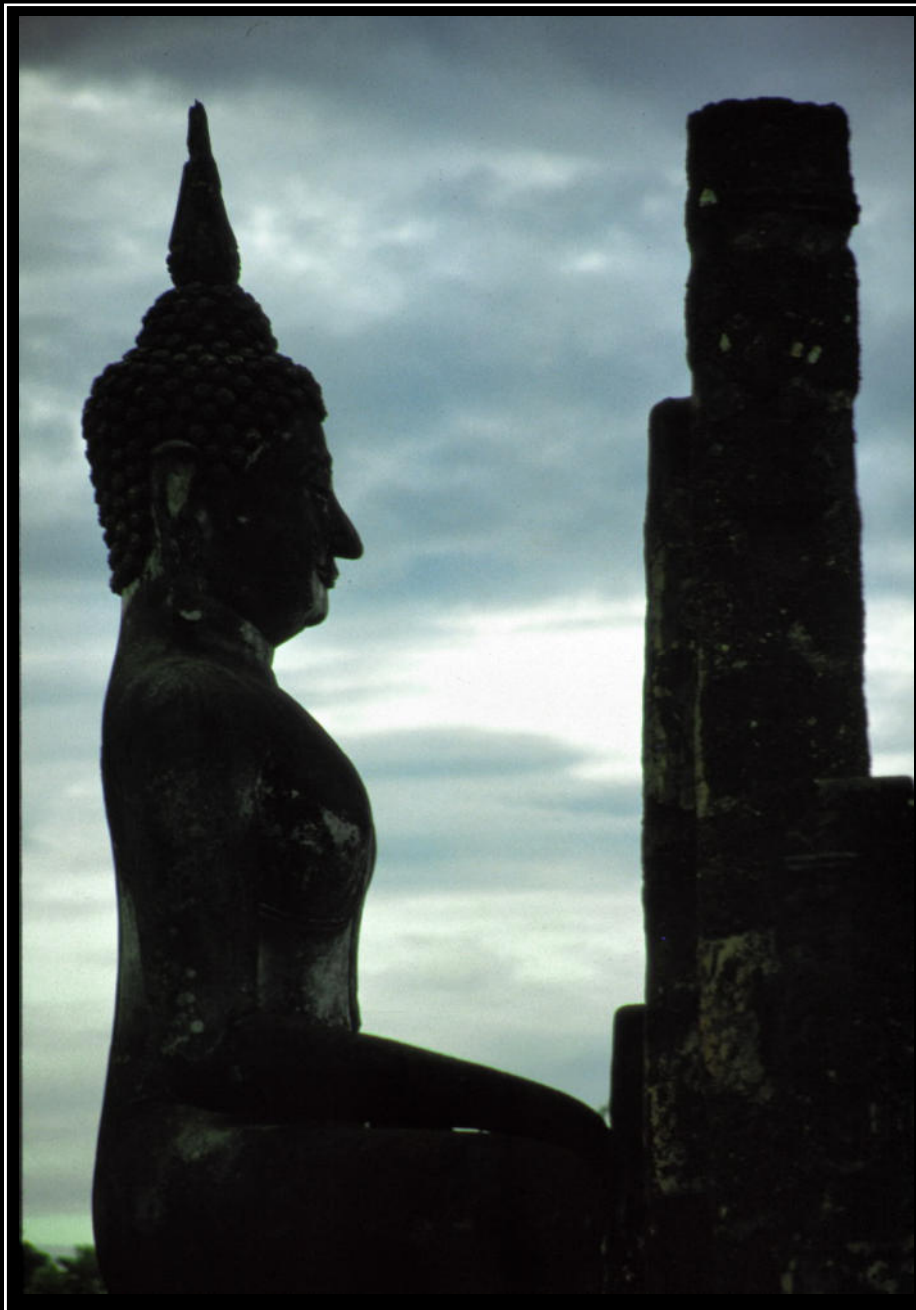
☺ Come, come along on this journey with Buddha and free yourself from all impartialities until you have come a little closer to your Nirvana. ☺

Buddha-Statuen in der Ruinenstadt Ayutthaya (Thailand) – April 1992



© The origin of your suffering lies in your human desire for worldly pleasures and selfish needs. ☺

Buddha-Statue auf der Insel Ko Samui (Thailand) – April 1992



☯ Detach yourself from this and be patient, loving, benevolent, compassionate, kind and understanding towards others. ☺

Buddha-Statue im Dämmerlicht der Ruinenstadt Sukothai (Thailand) - August 2001



☯ In this way you will become happier, reach a more emotionally positive state, and improve your own karma. The eight rules of the Noble Eightfold Path will help you along the way: ☺

Ruhende Buddha-Statue im Garten von Mike's Breakfast (Restaurant in Kathmandu (Nepal)) – April 2005



☯ 1. The right insight: Use your mental faculties to understand the real problems of existence. ☺

Buddha aus Jade bei Chang Rai (Nordthailand) – April 1992



☺ 2. The right thinking: Be without hatred, anger, lust, cruelty and pride. ☺

Buddha-Statue im Wat Sapan Hin in der Ruinenstadt Sukothai (Thailand) - April 1992



☯ 3. The right speech: Avoid lies and vain self-expression. ☺

Buddha in der Ruinenstadt Borobodur auf der Insel Java (Indonesien) – Januar 1992



☯ 4. The right deed: Do not kill or steal. Avoid drugs and sexual debauchery. ☺

Buddha-Statue in der Ruinenstadt Phitsanulok (östlich von Sukothai (Thailand)) - August 2001



☺ 5. The right livelihood: Earn your money without harming other people. ☺

Buddha-Statue in der Ruinenstadt Sukothai (Thailand) - April 1992



☺ 6. The right effort: Overcome your disastrous mental condition with your will and self-control. ☺

Sich erholende Buddha-Statue entlang des Chao Phraya Flusses bei Ayutthaya - August 2001



© 7. The right mindfulness: Gain self-knowledge through deepening and meditation. ©

Kleine, goldene Buddha-Statue im Wat Indrawihan in Bangkok (Thailand) – März 1992



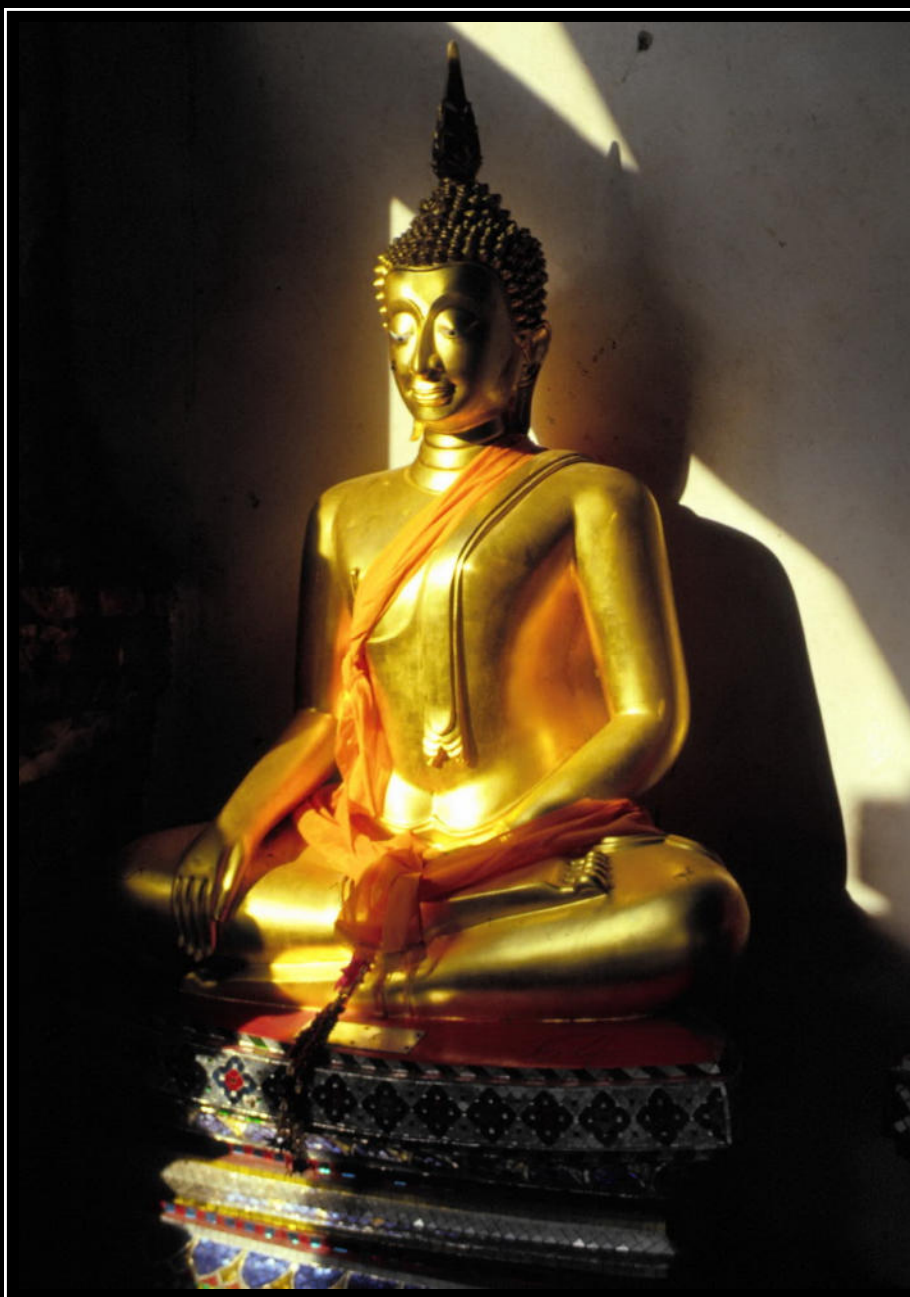
☺ 8. the right concentration: Learn to immerse yourself in a thought without digressing. ☺

Natürlicher Buddha-Altar bei Ban Pue (Nordthailand) – April 1992



☺ And? Have you come closer to your nirvana this year? Yes? No? Do not worry.
You have time for it all your life and probably more ... ;-) ☺

Handzeichen einer großen Buddha-Statue in der Ruinenstadt Sukothai (Thailand) - August 2001



☺ Because even if you do not always succeed in resting in yourself like these enlightened Buddhas, be sure: The Buddha is already and always in you. ☺

Von der Sonne beschienener Buddha entlang des Chao Phraya Flusses bei Ayutthaya - August 2001

THANK YOU

for your

TIME