



What Is Your Buddha?

P. W. Servais

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In Buddhism, there are postures, which indicate the position of the body, and gestures, (sometimes referred to as mudras) which indicate the position of the hands. Not only do they represent the most important events in the life of the Buddha, but they evoke a particular spiritual attitude or trait. These poses have been codified over the centuries and a different one assigned to each of the seven days of the week, plus one extra for Wednesday and Thursday. The question of the title *What Is Your Buddha?* refers to the day one was born on. The Buddha of that day is one's Buddha. Each chapter of the book covers one day's pose containing: a description of the pose itself; the historical legend revealing the background and significance of the pose; the essence or what the pose dissolves; and the proper placement of the image in the environment. In addition, each chapter contains a series of chants and meditations specific to that day's Buddha.

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