

**The Hands Of The Buddha: The Dhammapada,  
A Modern Interpretation  
By Susan Brassfield Cogan**



Buddha Mudra # 1: ABHAYA - No Fear Let's start with one of the most popular Buddha hand gestures called Abhaya Mudra, the energy of No Fear. This is a <http://www.globallightminds.com/2013/06/meanings-of-buddha-hand-gestures/>

Buddha postures and hand gestures have interesting meanings. The hand gestures called mudras are believed to have healing benefits when practiced in yoga.

<http://jlsbernandez.hubpages.com/hub/buddha-hand-gestures-or-mudras-and-meaning>

Carved by hand of crocodile wood this lovely image depicts Buddha seated in deep meditation. His eyes are closed hands in lap with thumbs together as the nerve  
[http://www.polyvore.com/buddha\\_hand\\_sculpture/shop?query=buddha+hand+sculpture](http://www.polyvore.com/buddha_hand_sculpture/shop?query=buddha+hand+sculpture)

MUDRA (Hand Gestures) in Japanese Buddhist Statuary. A-to-Z Photo Dictionary of Japan's Gods & Goddesses.

<http://www.onmarkproductions.com/html/mudra-japan.shtml>

Protection Buddha / Overcoming Fear. This depiction of a seated Buddha with the right hand raised and facing outwards has two common meanings. The first is that of

<http://www.thebuddhagarden.com/blog/buddha-poses/>

Jan 29, 2011 This piece, though very short and concise, is easy for any reader to understand. This modern interpretation of the Dhammapada is filled with riddles  
<http://www.goodreads.com/book/show/7547752-the-hands-of-the-buddha>

Amida Buddha: Gallery Label - Current. Its surface, now damaged by fire, would have shimmered with a layer of gold. His hands are held in symbolic gestures

<http://www.artsconnected.org/resource/3235/amida-buddha>

the words of the Buddha will connect with the modern reader. The Dhammapada has been called the The Hands of the Buddha. About Susan Brassfield Cogan.

<http://www.smashwords.com/books/view/6761>

The Hands of the Buddha: A Modern Interpretation of the Dhammapada by; Susan Brassfield Cogan; Add to with the modern reader. The Dhammapada has been called  
<http://www.barnesandnoble.com/w/the-hands-of-the-buddha-susan-cogan/1019317875?ean=9781442185906>

Amazon.com: The Hands of the Buddha: The Dhammapada, A Modern Interpretation (9781442185906): Susan Brassfield Cogan: Books  
<http://www.amazon.com/The-Hands-Buddha-Dhammapada-Interpretation/dp/1442185902>

Buddha's Hand is one of the oddest and scariest looking members of the citrus family you will ever see - and is simply the very best source of lemon z  
<http://produceoasis.com/ProductDetailPage.aspx/TabId/272/pid/130/Fruits/Buddha%27sHand>

Her nonfiction works include: Hands of the Buddha, The Buddha s Three Jewels, and The Pocket Darwin. She has also written numerous award winning short stories.  
<http://www.smashwords.com/books/view/6761>

The Buddha finger is a member of the citrus family, although it does not resemble other citrus. Buddha fingers are native to North-eastern India.  
<http://www.naturespride.eu/our-products/product-detail/buddha-fingers/>

Making Lemonade from the Lemons The Hands of the Buddha: A modern Interpretation of the Dhammapada by Susan brassfield Cogan Currently reading  
<http://makinglemonadefromthelemons.blogspot.com/>

The Hand of Buddha [Linda Watanabe McFerrin] on Amazon.com. \*FREE\* shipping on qualifying offers. Everything changed the day the Buddha's hand arrived in the mail.

<http://www.amazon.com/Hand-Buddha-Linda-Watanabe-McFerrin/dp/1566891043>

Buddha's hand tends to be very frost sensitive and difficult to clean, transport, and they have a short shelf life, so it isn't very common for growers to offer them.

<http://whiteonricecouple.com/recipes/buddhas-hand-dressing/>

Now, what to do with it? Here are a few ideas: 1. Candy: The lack of bitterness makes the Buddha's hand perfect for making candied citrus peel, which you can eat by <http://www.thekitchn.com/5-things-to-do-with-a-buddhas-hand-196888>

Buddha images are not intended to be naturalistic representations of what Gautama Buddha looked like. There are no contemporary images of him, and the oldest Buddha

[http://en.wikipedia.org/wiki/Iconography\\_of\\_Gautama\\_Buddha\\_in\\_Laos\\_and\\_Thailand](http://en.wikipedia.org/wiki/Iconography_of_Gautama_Buddha_in_Laos_and_Thailand)

These various positions of Buddha's hands are called Mudras and are thousands of years old.

<http://www.burmese-art.com/mudras-hand-positions-buddha>

Visit Amazon.com's Susan Brassfield Cogan Page and shop for all Susan Cogan is a full time The Hands of the Buddha: The Dhammapada, A Modern

<http://www.amazon.com/Susan-Brassfield-Cogan/e/B002BLWIDI>

The positions of the hands that we see in all Buddha statues are no accident. They are called mudras, and have particular symbolic meanings. Read more.

<http://www.buddhaworld.co.uk/meanings-of-the-mudras/>

Amazon Susan Brassfield Cogan is a Writer. A Modern Interpretation of the Dhammapada. This ancient book of Buddhist wisdom is older than the Bible.

<http://www.authorsden.com/visit/viewwork.asp?id=35661>

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<http://www.scoop.it/t/software-express/p/4041174821/2015/04/11/wondershare-data-recovery-4-8-0-4-crack-crack-full-version-a2z-crack-collection>

Buddha Iconography, abhaya mudra, dhyana mudra, bhumisparsha, vitarka, varada, dharmachakra, hand gestures of the Buddha

<http://www.buddha-images.com/hand-gestures.asp>

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