



Talking points

Religious practices



Hinduism- tilak: the reason for this mark on the forehead comes from the ancient Indian belief that the human body is divided into seven vortices of energy, called chakras, beginning at the base of the spine and ending at the top of the head.

The sixth chakra, also known as the third eye, is centred in the forehead directly between the eyebrows and is believed to be the channel through which humankind opens spiritually to the Divine.





Judaism- tefillin: these are cubic black leather boxes with leather straps that Orthodox Jewish men wear on their head and their arm during weekday morning prayer. The boxes contain four hand-written texts from the Bible, in which believers are commanded to wear certain words on the hand and between the eyes.

百字明 (Vajrasattva Mantra)

॥ 唵 班札 沙埵 沙麻亞 麻努巴拉亞 班札 沙埵 參擲巴底 叉擠左米巴哇

Om Vajrasattva Samaya Manupalaya Vajrasttva Tenopaditsa Dritho Me Bhava

蘇多給由米巴哇 蘇波給油米巴哇 阿奴拉多米巴哇 沙哇 悉地米達亞塔

Sutokeyu Me Bhava Supokeyu Me Bhava Anurakto Me Bhava Sarva Siddhi Me Drayata

沙哇 卡媽蘇叉米 氣丹喜揚古魯吽 哈哈哈哈哈火 巴嘎溫 沙哇 打他嘎打

SarvaKarmaSuca Me CittamSreyanGuruHum Ha Ha Ha Ha Ho Bhagavan Sarva Tathagata

班札 媽米母叉 班札巴哇 媽哈沙媽亞沙埵 阿

Vajra Ma Me Muca Vajra Bhava Maha Samayasattva Ah

Buddhism- mantras: A mantra is a sequence of words or syllables that are chanted, usually repetitively, as part of some Buddhist practices. The function of a mantra is understood differently by the several schools of Buddhism, but at its most basic level, the chanting of a mantra is thought to evoke enlightenment.