

Shaolin: Wheel of Life

"The Shaolin teachings of peace, harmony and spirituality, the Wheel of Life continues."

1. How old is Zen Buddhism? Who formed this faith and where does it originate from?
2. In response to war, invasion and destruction of their sacred temple, what did the monks create and what was it based on?
3. What is the Wheel of Life?
4. At dawn each day the monks rise each day to begin a day that is dominated by what?
5. Do you believe in reincarnation or a similar concept? If so, explain your belief and if not, explain why.

Extra Exercise: Devote at least 3 hours a day for 3 days for prayer, contemplation, and mediation. Keep a record of your activity, how it helped or didn't help and discover if this is a tool to aid you in your spiritual growth.

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1. Over 1500 years old. Shaolin Monks. China.-
<http://www.chinavoc.com/kungfu/shaolin/intro.asp>
2. Kung Fu based upon the observation of animal movement and their spirituality.
3. A Philosophy based upon reincarnation.
<http://buddhism.about.com/cs/art/a/Thangkawheel.htm>
4. Prayer, Contemplation, Meditation
5. Group discussion question