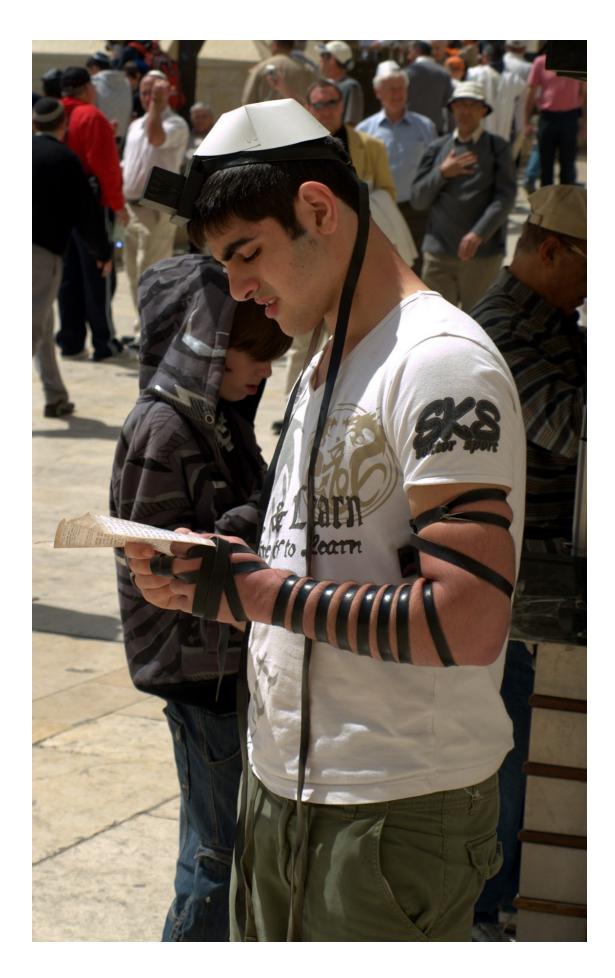


Religious practices



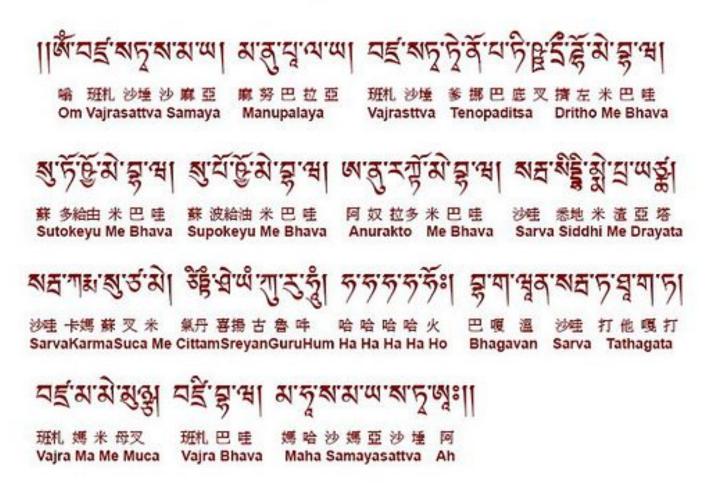
Hinduism- tilak: the reason for this mark on the forehead comes from the ancient Indian belief that the human body is divided into seven vortices of energy, called chakras, beginning at the base of the spine and ending at the top of the head.

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)



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.