

Buddhism and the Silk road

By Helen Colthurst

My Project

I wanted to make an exhibit about the spread of Buddhism, with a focus on Tibetan Buddhism. My process was making paragraphs about Buddhism and Tibet, Ms. Ruma helped me set goals for myself that helped me become more productive. I chose this topic because I have always been interested in history and trade routes, so I learned about the silk road and found out about its connection to Buddhism. It was a challenge to stay focused on writing and not just reading the sources. It has been exciting to learn about the elements of Tibetan Buddhism, and how many people practice Buddhism, but most people either have misconceptions about it or don't know that much about it.

The Idea

I wanted to do a history project, I was really interested in trade routes. I thought about the most popular one that we all learn about, once I researched the silk road I realized that buddhism is linked a lot to the silk road in a way not that many people know about. It sounded like a good history research topic, so I chose it.

The Process

I wanted to create a museum exhibit about buddhism and the silk road, so I started researching. For the exhibit I envisioned different paragraphs talking about buddhism, the silk road, and some types of buddhism. I started writing once I found some good sources, which was simple since there were a lot of people that want to teach other about their beliefs. Something that helped me was setting word goals. I also had a slight focus on tibetan buddhism, having a paragraph on it and tibetan history.

The Product

I made a poster that I glued my paragraphs on, I also made a model magic Buddha sculpture that I put next to my poster. I put stock images of “The Silk Roads” and “Buddhism” on it. I am glad about how it turned out, the museum walk was a success with people asking good questions about the topic.