

WHY 108? Continued from www.halilove.com

In Jainism (a religion of self-help, where there are no gods or spiritual beings that will help human beings). The three guiding principles of Jainism, the 'three jewels', are right belief, right knowledge and right conduct. The supreme principle of Jain living is non violence (ahimsa) there are believed to be 108 virtues.

In China, some forms of Tai Chi have 108 moves.

In Tibetan Buddhism there are 108 delusions.

Many Buddhist temples have 108 steps representing the 108 steps to enlightenment, and in Japan, at Zen Buddhist temples, a bell is chimed 108 times at the end of the year closing a cycle to serve as a reminder of the 108 earthly temptations a person must overcome to achieve nirvana.

In Belize, during the era of the Mayans, the High Temple of Lamanai was erected at 108 feet tall—the same height as the funerary Tikal temple in Guatemala. And within the temple of Kukulkan at Chichen Itza in Mexico archeologists believe there to be a second pyramid inside measuring 108 feet wide. These temples, built to worship and to house the souls of great leaders upon their death, perhaps used this number to connect humans not just to our sun as a giver of life, but to the Creator.

'Harshad' Number is an integer divisible by the sum of its digits. 108 is a 'Harshad' number. 'Harshad' in Sanskrit means 'joy-giver.'

There are believed to be 108 different types of meditation.

There are 108 traditional Indian dance forms. (Traditional Indian dances are used to worship God or tell stories of God.)

In Buddhism, there are said to be 108 earthly desires in mortals, 108 lies humans tell and 108 human delusions.

Buddhist believe there are 108 feelings calculated as follows:

6 Senses (Smell, Touch, Taste, Sight, Hearing and Consciousness)

x 3 Pleasant, Painful or Neutral feelings

x 2 Internally or externally generated feelings

x 3 Past, Present or Future feelings

Therefore, 36 past, 36 present and 36 future feelings = 108

In Yoga, 108 Sun Salutations are often practiced to honor change. For example, to bring peace, respect and understanding at a time of tragedy or to honor the change of seasons.

Tibetans have 108 sacred holy books.

In Jainism, there are believed to be 108 virtues.

108 Steps – Many Hindu and Buddhist temples have 108 steps.

In Japan, at the end of a year, a bell is chimed 108 times in Buddhist temples to finish the old year and welcome the new one. Each ring represents one of the 108 earthly temptations a person must overcome to achieve nirvana.

Lord Buddha is believed to have given a teaching answering 108 questions which are contained within the Lankavatara Sutra (Buddhist scripture).

In Gnosticism, (an ancient Christian religion), it is believed that an individual has 108 chances, or lifetimes to eliminate ego and transcend the material world.

Atman/Soul – In Hinduism, it is believed that the soul or inner self (Atman), goes through 108 stages of spiritual development.

In Taoism, the Wu style of Tai Chi has 108 postures.

Lord Buddha's footprint is imprinted with 108 auspicious illustrations.

In Islam, the number 108 refers to God.

In the Bible, the words 'first born' is used 108 times. The words 'in truth' and 'to forgive' are used 108 times in the New Revised Standard Version of the Bible.

Angel Numbers – the number 108 is a message of support and encouragement. A cycle in life might be coming to an end but new opportunities lay ahead.

1 = New beginnings, intuition, insight.

0 = Development of one's spiritual journey and listening to your intuition.

8 = Manifesting positive abundance, personal power, a desire for peace and a love of humanity.

The Sanskrit Alphabet has 54 letters and each has a masculine and feminine form (Shiva and Shakti) $54 \times 2 = 108$
Stonehenge, a prehistoric monument in England is 108 feet in diameter.

Deeper into the microcosm of the human being, it is said there are 108 energy lines, or nadis, converging to form the heart chakra, and 108 marmas (pressure points) or sacred parts of the body.

108 degrees Fahrenheit is the internal temperature at which the human body's vital organs begin to fail from overheating.

The ancient Mayans didn't email the English and tell them to make Stonehenge's Sarsen Circle 108 feet. Just like the writers of Vedic texts didn't send a postcard to Japan to tell them to start chiming their bells 108 times. And none of them had telescopes to measure the sun.

Lastly - there are 108 stitches on a baseball.