

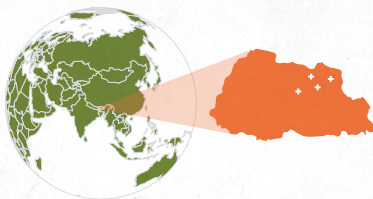
# PRAY

## THUMB—BUDDHIST

Buddhists live mostly in Southeast Asia, China, and Japan.

### BELIEFS OF BUDDHIST PEOPLES

- They believe that suffering is caused by desire.
- To end suffering, they must rid themselves of desire through meditation and multiple reincarnations.
- The ultimate goal is to reach nirvana, where suffering ends and the self ceases to exist.



### BUMTHANGPA PEOPLE OF BHUTAN

**23,000 PEOPLE / LESS  
THAN 0.6% EVANGELICAL**

Bhutan is a Buddhist Kingdom located in the Himalayan Mountains and its name means "Land of the Thunderdragon." The Bumthangpa have been living in the central Bhutan valley of Bumthang since before the 7th century. Bumthangpa are agrarian and their practices consist largely of subsistence farming (mostly rice and buckwheat) and animal husbandry (including cattle, sheep, and yak). Hundreds of people walk to the weekly market in Jakar to buy and sell food and supplies. In fact, the Bumthangpa have lived in almost the exact same way for more than 1,200 years.

Their religious practices have also not changed. They practice a form of Buddhism that incorporates the worship of local deities, which requires daily incense burning to household and local gods. Monks are the community leaders, and every aspect of a Bumthangpa person's life is shaped by Buddhism; the monks are even