Father of Zen Buddhism, Chan Buddhism
Japanese = Daruma or Bodaidatsuma 菩提達磨
Chinese = Pútídámó, Dámó, Damo, Tamo
Sanskrit = DHARMA or BODHIDHARMA
(Dharma means Buddhist Teachings or Law)
Common Misspellings = Bodhidarma, Bodidarma

Also See: Daruma Photo Tour

Historical Notes
The historical Bodhidharma (known as Daruma 達磨 in Japan) was an Indian sage who lived sometime in the fifth or sixth century AD. He is the undisputed founder of Zen Buddhism 禅 (Ch. = Chan), and credited with Zen's introduction to China during his travels to the Middle Kingdom. (Note: Zen Buddhism is the term used in Japan, but Daruma's philosophy arrived first in China, where it flowered and was called Chan Buddhism. Only centuries later does it bloom in Japan, where it is called Zen).

There are countless legends, some conflicting, about this sage. The best-known legends say he attained enlightenment (Japanese = satori さとる) after meditating in a cave for seven years (some say nine years) without blinking or moving his eyes. In most legends, this occurred while Bodhidharma was facing a cave wall at the Shorinji Temple (Jp. = Shōrinji 少林寺) on Mt Song (Jp. = Sūzan 嵯山) in China.

During those years of meditation, his arms and legs atrophied, shriveled up, and fell off. Legend also credits Bodhidarma with cutting off his eyelids. Apparently he dozed off during meditation, and in anger, he cut off his eyelids, which fell to the ground and sprouted into China's first green tea plants.

Most of our knowledge about Bodhidharma comes from a 1053 AD Chinese document named Chuanfa Zhengzongji 伝法正宗記 (Jp. = Denpō Shōshūki). This is translated into English as "Record of the Transmission of the Law and Correct Teaching." In many accounts, Bodhidharma was said to be the son of a Brahmin king in southern India. After achieving enlightenment, he became the 28th successor to Shaka Nyorai (the Historical Buddha). <source: JAANUS>
Daruma Dolls = Okiagari Koboshi (Tumbler Doll)
One of the most popular talismans of good luck in modern Japan is the armless, legless, and eyeless Daruma doll, or tumbler doll (see photos below). Sold at temple festivals and fairs, such dolls are typically made of papier-mache, painted red, and depict Bodhidharma seated in meditation. When knocked on its side, the doll pops back to the upright position (hence "tumbler" doll, or "okiagari koboshi"). The doll comes in many sizes - the standard size is larger than a basketball. While most Daruma dolls are male, some Japanese localities have female daruma ("ehime daruma" or "princess daruma").
Eye-Painting Custom
At New Year time, many Japanese individuals and corporations buy a Daruma doll, make a resolution, and then paint in one of the eyes. If, during the year, they are able to achieve their goal, they paint in the second eye. Many politicians, at the beginning of an election period, will buy a Daruma doll, paint in one eye, and then, if they win the election, paint in the other eye. At year end, it is customary to take the Daruma doll to a temple, where it is burned in a big bonfire.

Modern Woodblock by Artist David Bull

Daruma Kuyō (Daruma Kuyo) 達磨供養
Ceremony of Offering to Daruma. "Daruma Kuyo" is a traditional event since 1954 at Nishi-Arai Daishi Temple (Tokyo), an old famous temple, the origin of which dates back to the year of 826. Daruma is a votive symbol for people wishing for the well-being of the family and flourishing business. People bring their Daruma figures once a year on this day to the temple, express gratitude to them, and buy new ones for the next one year. The numbers of old Daruma figures are burnt together in the temple. The ceremony of "Daruma Kuyo" is full of solemnity starting with the entrance of Buddhist monks in the style of mountain priest blowing a conch-shell horn, followed by monks in Buddhism garment, into the garden of the Komyo-den where old Daruma figures are gathered. Then the tens of thousands Daruma figures are lighted in the sounds of sutra reading by the monks. On this same day, the bean-scattering ceremony celebrating the coming of spring is held in the Hon-den. You will also find it enjoyable to stroll along the road to the San-mon where souvenir shops, dango (Japanese sweet dumplings) shops, etc. stands in a rows. <above paragraph quoted from web site of Tokyo Metropolitan Government>
Undaunted Spirit, Resilience, Determination
A Japanese proverb closely associated with Daruma is:
*Nana Korobi Yaoki* (if you fall down seven times, get up eight).
Its meaning? Resilience and determination are the recipe of success. If at first you don’t succeed, try try again.

Zen, Tea, and Daruma
Zen was introduced to Japan early in the Kamakura Era (1185-1333) and became a favorite of the new Warrior Class (samurai) who had wrested power from the nobility. 
The primary aim of Zen Buddhism is personal enlightenment, and according to Daruma, enlightenment cannot be found in books or sutras or in performing rituals. Rather, it is to be found within the self through meditation. Daruma taught that within each of us is the Buddha, and that meditation can help us remember our Buddha nature. By clearing our minds of distracting thoughts, by striving for a mental state free of material concerns, we will rediscover our lost but true Buddha nature.

The practice of Zen involves long sessions of zazen, or seated meditation, to clear the mind of distractions and to gain penetrating insight. Zen's assimilation into Japanese culture was accompanied by the introduction of green tea, which was used to ward off drowsiness during the lengthy zazen sessions. One Daruma legend says that Daruma brought green tea plants with him when he traveled to China; another says that Daruma plucked off his eyelids in a rage after dozing off during meditation -- the eyelids fell to the ground and sprouted as China's first green tea plants!! To this day an early form of the tea ceremony is carried out in some Zen monasteries in Japan in honor of Daruma.

THIS SECTION COURTESY OF:
Daruma's famous encounter with the emperor of China went like this:

"I've constructed dozens of Buddhist temples, supported hundreds of monks and nuns, and sponsored countless religious ceremonies," the proud emperor informed Daruma. "How great is my merit?"

"No merit at all," Daruma replied bluntly.

"Tell me then," the emperor wanted to know, "What is the first principle of Buddhism?"

"Vast emptiness, nothing holy!" Daruma shot back.

"Who are you?" the thoroughly perplexed emperor demanded.

"I don't know!" Daruma announced, departing as suddenly as he had appeared.

The most common representation of the grand patriarch in Zen art is as a half-body Daruma. By revealing only the upper half of Daruma's body, Zen artists challenged the viewer to look beyond the surface in order to grasp the patriarch's essence. Although seemingly hidden from view, Daruma's core the Buddha-mind can be discerned if one contemplates the painting as an organic whole rather than trying to analyze it from historical, aesthetic, or philosophical perspectives. In half-body Darumas, the face and head are brushed first, then the robe and finally the eyes are dotted in to animate the image. When the painting is complete, an inscription is usually added. In addition to half-body Darumas other common portrayals are side-view Darumas, wall-gazing Darumas, rushleaf Darumas, one-sandal Darumas, and snowman Darumas. When asked how long it took to paint a portrait of Daruma, the great Zen artist Hakuin replied, "Ten minutes and eighty years."

This Section Courtesy of:

Where Are Daruma Dolls Made?
Daruma-making in Takasaki began in the late 17th century as a relief measure for farmers who were suffering from famine. The story is that the Daruma Temple instructed farm households to make dolls from papier mache as a way of earning extra income. These days nearly 100 households annually make about 1.6 million darumas, accounting for about 80% of all darumas made in Japan. Every year on the 6th and 7th of January, a daruma market is held in the precincts of the Daruma Temple, and hundreds of thousands of people visit it.

Below Photo: Making daruma (Gunma Prefecture)
Photo courtesy of http://web-japan.org/atlas/crafts/craft_fr.html
Temples
Horin-ji (Darumadera) in Kyoto is devoted to the Daruma as he appears in popular culture. For more on Horin-ji, click here (outside link).

Roundness
Says Alan Booth in his book "Looking for the Lost:"
[The Japanese] associate Daruma not with piety, but with roundness. Thus a snowman in Japanese is a "Snow Daruma" and a potbellied stove is called a "Daruma Stove."
Tokusan and Rinza (Soga Jasoku)  
courtesy: www.baxleystamps.com/litho/sr/fafe_2.shtml

Bodhidharma (Daruma)  
15th century painting by Shōkei 祥啓  
Treasure of Nanzenji Temple 南禅寺, Kyoto, Japan  
Photo courtesy Kyoto National Museum
DARUMA & THE MARTIAL ARTS
Bodhidharma (Jp. = Daruma) is often referred to as the founder of martial arts in both China and Japan. At the fabled Shaolin Temple in China, where Daruma is said to have achieved enlightenment, the temple even today maintains a large rock on which one can see Daruma's shadow -- apparently burned into the rock during Daruma's long years of meditation in front of it. Doshin So, who founded Japan's Shorinji Kempo school in 1947, says Daruma appeared to him in a dream, and this inspired Doshin to establish his school. Legends like this have developed largely outside Buddhism, with a stronger connection to Daoist (Taoist) traditions. Nonetheless, Bodhidharma's title as founder of martial arts is still contested among scholars and historians. Please visit below outside links to learn more about this topic.

- [The Bodhisattva Warriors: The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art Within India and China](https://www.amazon.com) (by Terence Dukes). ISBN: 0877287856. See reviews of book at Amazon link above. Some reviews say the book is fabricated, while others say it is the best research to date to clearly confirm Bodhidharma’s connection with the martial arts.

- [BBC - The Way of the Warrior, Bushido and the Warrior Arts](https://www.bbc.com)
Duke Panache on the Martial Arts and Action Films

History of Daruma (by Gordon Watson)
Though many doubt the authenticity and accuracy of the Bodhidharma legend, there is some evidence to support many aspects of the story. For example, wall paintings that can still be seen at the Shaolin Temple portray dark-coloured, perhaps Indian monks among the lighter-skinned Chinese monks practicing or teaching Kempo. This seems to substantiate the belief that Kempo was originally Indian. In addition, the fact that no other temple in China has a history and tradition of Kempo indicates a possible connection with Bodhidharma.

KarateBC.org
Most Western students of Asian martial arts, if they have done any research on the subject at all, will surely have come across references to Bodhidharma. He is known as "Daruma" in Japan and as often as not, this Indian Buddhist monk is cited as the prime source for all martial arts styles or at the very least, for any style which traces its roots back to the fabled Shaolin Temple. However, the question of his contributions to the martial arts and to Zen Buddhism and even of his very existence has been a matter of controversy among historians and martial arts scholars for many years (Spiessbach, 1992).

Wikipedia -- Bodhidharma and Martial Arts?
Both the attribution of Shaolin Kung Fu to Bodhidharma and the authenticity of the Yi Jin Jing itself have been discredited by historians.

Shaolin Temple & Martial Arts (by Frank Bing)

Shaolin Temple, Kung Fu, Daruma (with photo of shadow rock)
Bodhidharma's years of meditation in a cave are said to have left his shadow on this rock, removed from the cave and on display at the Shaolin Temple (China)

Shorinji Kempo, Doshin So, and Daruma
  o Shorinji Kempo Site - History
  o Story about Doshin

The Patriarch Who Came from the West (by Bernard Faure)
On the development of the legend in China, see Durand-Dastès.