

An Introduction To Buddhist Teachings History And Practices

In this clearly written undergraduate textbook, Stephen Laumakis explains the origin and development of Buddhist ideas and concepts, focusing on the philosophical ideas and arguments presented and defended by selected thinkers and sutras from various traditions. He starts with a sketch of the Buddha and the Dharma, and highlights the origins of Buddhism in India. He then considers specific details of the Dharma with special attention to Buddhist metaphysics and epistemology, and examines the development of Buddhism in China, Japan, and Tibet, concluding with the ideas of the Dalai Lama and Thich Nhat Hanh. In each chapter he includes explanations of key terms and teachings, excerpts from primary source materials, and presentations of the arguments for each position. His book will be an invaluable guide for all who are interested in this rich and vibrant philosophy.

His Holiness the Dalai Lama provides intimate details on advanced mind-training practices using visualization, reason, and contemplation. Clear, eloquent, simple, and profound, His Holiness' s teachings are easily accessible to beginning practitioners yet richly nourishing to those more advanced in practice. In The Complete Foundation, the Dalai Lama shows how visualization, reason, and contemplation can be systematically crafted to enhance personal development. Beginning with practices designed to create an effective mental outlook, His Holiness skillfully guides the student to more advanced techniques for developing the mind' s deepest potential and happiness. With impeccable attention to detail and a seamless balance between technical guidance and a delightful sense of playfulness, this book exemplifies the sophistication and elegance of Tibetan Buddhist methods for spiritual development. This book was previously published under the title The Path to Bliss.

Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

A systematic introduction to Buddhist ethics aimed at anyone interested in Buddhism.

A Buddhist Psychology of Character, Adversity and Passion

The Complete Foundation

The Buddhism Primer - an Introduction to Buddhism

An Introduction to Buddhism

Introduction to Tibetan Buddhism

Buddha's Teaching from Dalai Lama

An in-depth chronology of the life and times of the Buddha, and how his teachings developed into modern Buddhism

Buddhism is often characterised as one of the most complex and enigmatic of all the world's religions. Although the Buddha himself was not a philosopher in the sense that that term is often understood, a Buddhist philosophy nevertheless emerged from the Buddha's teachings that was astonishingly rich, profound and elusive. Buddhism, which for over two millennia has been an integral part of South and East Asian society and civilisation, is now increasingly popular in the West, where its teachings about liberation of the self from the cycle of existence have proved attractive to people from a wide variety of backgrounds. In this new and comprehensive textbook, Alexander Wynne shows that the story of Buddhism as a global system of belief begins with the life of the Buddha in northern India in the fifth century bce. He discusses the many new advances that have been made in recent years with regard to Buddhist origins, and traces the ways that formative Indian doctrines helped shape the features of later Asian Buddhism. Carefully outlining the major Buddhist traditions, Wynne examines in turn the major Mahayana traditions of China, in- cluding the Ch'an and Pure Land schools, as well as recent trends in Theravada Buddhism, especially in Sri Lanka and Thailand, and the Tantric Buddhism of Tibet. Finally, he turns to the role of Buddhism in the modern world, and explores how the western encounter with Buddhism has both affected and been affected by it, especially in the fields of cognitive science and modern psychology.

Buddhism -- It's a spiritual movement that knows no bounds, getting stronger and stronger like a snowball rolling down a mountain, getting bigger and more powerful. The practices of Yoga and meditation have found their way into the halls of everyday life. But, what's the backdrop here? And what is the foundation of Buddhism that makes it the world's fourth-largest religion? In this book, we will explore the fascinating story behind this religion, including: The man behind Buddhism: The teachings of Buddha The fundamentals of Buddhism- the four noble truths Walking the noble eightfold path Buddhism's take on suffering, karma, nirvana and reincarnation Practicing the five precepts of Buddhism Understanding the soul of light and enlightenment and Practicing Buddhism in your daily life This book will take you on a spiritual journey of discovery and wonder. One that you will remember for the rest of your life and open your soul to the endless possibilities of spiritual enlightenment. So, whether you're looking to learn more about Buddhism or currently practice as a monk, this book will be your go-to guide on all things related to Buddhism. Take that first step towards spiritual growth today you won't regret it. "Teach this triple truth to all. A generous heart, kind speech, and a life of service and compassion are the things which renew humanity." - Buddha This Very Short Introduction introduces the reader to the teachings of the Buddha and to the integration of Buddhism into daily life. What are the distinctive features of Buddhism? Who was the Buddha, and what are his teachings? How has Buddhist thought developed over the centuries, and how can contemporary dilemmas be faced from a Buddhist perspective? Words such as 'karma' and 'nirvana' have entered our vocabulary, but what do they mean? Damien Keown's book provides a lively, informative response to these frequently asked questions about Buddhism.

Teachings of the Buddha

An Introduction to the Buddha's Life, Teachings, and Practices (The Essential Wisdom Library)

An Introduction

A Brief Introduction to Buddhism

The Essential Introduction to the Origins of Buddhism, from the Life of the Buddha Through to the Rise of Buddhism as an International Religion

Buddhism: A Very Short Introduction

This careful analysis of early Buddhist thought opens out a perspective in which no permanent Self is accepted, but a rich analysis of changing and potent mental processes is developed. It explores issues relating to the not-Self teaching: self-development, moral responsibility, the between-lives period, and the 'undetermined questions' on the world, on the 'life principle' and on the liberated one after death. It examines the 'person' as a flowing continuity centred on consciousness or discernment (vinnana) configured in changing minds-sets (cittas). The resting state of this is seen as 'brightly shining' - like the 'Buddha nature' of Mahayana thought - so as to represent the potential for Nirvana. Nirvana is then shown to be a state in which consciousness transcends all objects, and thus participates in a timeless, unconditioned realm.

A modern guide to the teachings of Buddhism Buddhism: An Introduction to the Buddha's Life, Teachings, and Practices is an indispensable guide to a 2,600-year-old wisdom tradition that has transformed the lives of millions across centuries and around the world. Readers will learn how Siddhartha Gautama became the Buddha, one of the most influential spiritual leaders of all time, and discover how they too can follow his revolutionary methods to attain happiness and inner freedom. Along with accessible overviews of central teachings—the Four Noble Truths, the Eightfold Path, karma, core virtues like kindness and compassion, and more—Buddhism covers such basics as - the three main Buddhist traditions—Theravada, Mahayana, and Vajrayana—historically and their relevance today - the role of meditation and mindfulness in Buddhist practice - step-by-step instruction in key Buddhist practices Writing in an engaging, approachable style, author Joan Duncan Oliver outlines the fundamentals of Buddhism for every reader, revealing its timeless truths and their relevance for finding peace in uncertain times. A practitioner of Buddhist meditation for forty years, Oliver has written extensively on Buddhist wisdom and its application to daily life. Her practical approach makes Buddhism an essential modern guidebook to an ancient tradition.

4th Edition Now Available with New Beautiful Images! "No matter how hard the past, you can always begin again." - Buddha An ancient and deeply revered practice, Buddhism is even more popular now than it has been in decades. The secret behind its steady rise is due in part to the plethora of benefits Buddhism reaps upon those who practice it and apply its teachings to their lives. Through mindfulness and meditation, Buddhism injects peace and clarity into the minds and lives of those who dedicate themselves to it. Those wonderful benefits can be a part of your life as well through the careful study of its various tenets. In Buddhism, this thoughtful and carefully researched guidebook acts as a helpful, step-by-step manual for those who may be interested in learning more about this ancient and wise practice. Piling emphasis on the core concepts of Buddhism allows the reader to apply its teachings to make their lives fuller and healthier. If you are curious about Buddhism and want to find the answers you seek, then look no further than this qualitative guidebook. Full of information on the various aspects of Buddhism, meditation, yoga, and more, Buddhism stands apart as a concise and practical guide to infusing your life with its many teachings. Here's what to expect in the Beginner's guide: What Buddhism is and what its teachings are The core concepts of Buddhism: karma, suffering, nirvana, and reincarnation The practice and benefits of yoga The four noble truths Practices, treasures, and poisons of Buddhism How to practice the five precepts of Buddhism How to practice mindfulness in order to reduce stress and anxiety And much, much more! The choice is now yours. Open yourself to the benefits of a life free of stress and anxiety through the understanding and practice of Buddhism. A clear and peaceful mind awaits you along your spiritual journey through its tenets and teachings. Begin your journey towards a better life and grab your copy of Buddhism: Beginner's Guide today!

Extensively revised and updated, this book provides a comprehensive overview of the development of Buddhism in Asia and the West.

An Explanation of the Buddhist Way of Life

A Concise Introduction

An Introduction to Its Philosophy and Practice

Buddhism for Beginners, a Guide to Buddhist Teachings, Meditation, Mindfulness, and Inner Peace

The Everything Buddhism Book

One Teacher, Many Traditions

A practical guide to the Buddha's teachings unlocks the mysteries of Buddhist philosophy and practice, challenging orthodoxy and offering inspiration to readers. Reprint.

This brief introduction to Buddhism is designed to help readers understand this important religious tradition. With both nuance and balance, this text provides broad coverage of various forms of Buddhism with an arresting layout with rich colors. It offers both historical overviews and modern perspectives on Buddhist beliefs and practices. The user-friendly content is enhanced by charts of religious festivals, historic timelines, updated maps, and a useful glossary. It is ideal for courses on Buddhism and Asian religions and will be a useful, concise reference for all readers eager to know more about this important religious tradition and its place in our contemporary world.

An Introduction to BuddhismTeachings, History and PracticesCambridge University Press

Featuring a foreword by the Dalai Lama, this introduction to Tibetan Buddhism "will help many on the open path of meditation and in dealing with challenges of everyday life" (Thich Nhat Hanh) An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This practical introduction to the Buddha's teachings focuses on the application of Buddhist psychology to modern life. Thubten Chodron, an American Buddhist nun, presents the basic points of this path for understanding ourselves and improving the quality of our lives.

Writing with warmth, humor, and easy-to-understand language, Chodron provides the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

The Dalai Lama's Little Book of Buddhism

The Feeling Buddha

Plain and Simple Guide to Buddhist Philosophy Including Zen Teachings, Tibetan Buddhism, and Mindfulness Meditation

Buddhism—An Introduction: A Teach Yourself Guide

The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice

Buddhist Techniques to Overcome Anger

Thirty-three original and accessible translations and commentaries drawn from the key writings of Buddhism, with the aim of teaching the Buddhist tradition to Westerners.

A Vietnamese monk clarifies the main principles of Buddhism, reveals its roles in creating joy and enlightenment, and encompasses every facet of Buddhist teaching, from the Four Noble Truths to the Three Dharma Seals. Reprint.

A compelling introduction to the essential principles of the Buddhist way of life and what it means to be a Buddhist, this guidebook explains why meditation is such a powerful tool for developing qualities such as inner peace, love, and patience.

This comprehensive guide to the Buddhist path from the Tibetan point of view is as accessible as it is complete. Tralok Kyabgon breaks the teachings down conveniently into the three traditional "vehicles," while never letting us forget that the point of all the Dharma is nothing other than insight into the mind and heart. Along the way he provides vivid definitions of fundamental Buddhist concepts such as compassion, emptiness, and Buddha-nature and answers common questions such as: • Why does Buddhism teach that there is no "self"? • Are Buddhist teachings pessimistic? • Does Buddhism encourage social passivity? • What is the role of sex in Buddhist tantra? • Why is it said that samsara is nirvana? • Does it take countless lifetimes to attain enlightenment, or can it be achieved in a moment?

Buddhism for Beginners

The Systematic Approach to Training the Mind

Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free

The Selfless Mind

The Essence of Buddhism

An Introduction to Mahayana Buddhism

British Buddhism presents a useful insight into contemporary British Buddhist practice. It provides a survey of the seven largest Buddhist traditions in the United Kingdom, including the Forest Sangha (Theravada) and the Samatha Trust (Theravada), the Serene Reflection Meditation tradition (Soto Zen) and Soka Gakkai (both originally Japanese), the Tibetan Karma Kagyu and New Kadampa traditions and Friends of the Western Buddhist Order. Based on extensive fieldwork, this fascinating book determines how and to what extent British Buddhist groups are changing from their Asian roots, and whether any forms of British Buddhism are beginning to emerge. Despite the popularity of Buddhism in Britain, there has so far been no study documenting the full range of teachings and practice. This is an original study that fills this gap and serves as an important reference point for further studies in this increasingly popular field.

This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on the need to rid oneself of preoccupations with mundane concerns and to find refuge in Buddha, Dharma, and Sangha.

???"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." - The Buddha ?? Buddhism: Buddhism for Beginners, A Guide to Buddhist Teachings, Meditation, Mindfulness, and Inner Peace ??Download This Great Book Today! Available To Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet???Buddhism is one of the oldest religions in the world but until recently it has been unknown and inaccessible outside of Asia.This book will provide you an introduction to the history of Buddhism and its teachings and practices.Along with Buddhist philosophies there are many practices to incorporate into your daily life such as meditation and mindfulness to help calm your mind, reduce stress and anxiety.??"When we meet real tragedy in life, we can react in two ways - either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.Thanks to the teachings of Buddha, I have been able to take this second way." - The Dalai Lama??This is a guide to Buddhism for beginners but includes quotes and resources to guide you towards more advanced Buddhist teachings and writing if you wish to develop your own study of Buddhism further. Here Is A Preview Of What's Included... An introduction to Buddhist Philosophies and Teachings The history of Buddhism and the Life of the Buddha Key Buddhism concepts such as Karma, suffering, Samsara and Nirvana The Four Noble Truths of Buddhism The Eightfold Path, The Five Precepts and The Middle Way Practicing Buddhism in every day life How to practice mindfulness to reduce stress and increase happiness Meditation practices apps, and resources Meditation to obtain calm and clarity over your thoughts Much, Much More! ?? "Worrying doesn't take away tomorrow's trouble's, it takes away today's peace" - The Buddha ?????To purchase this book scroll to the top and select Buy now with 1 Click ??

A concise and up-to-date guide to the history, teachings, and practice of Buddhism by two luminaries in the field of world religions.

Buddhism

An Introduction to Buddhist Philosophy

A complete introduction to the history, traditions, and beliefs of Buddhism, past and present

An Introduction to Zen Buddhism

Teachings, History and Practices

An Introduction to the Buddha and His Teachings

Philosophy of the Buddha is a philosophical introduction to the teaching of the Buddha. It carefully guides readers through the basic ideas and practices of the Buddha, including karma (karma), rebirth, the not-self doctrine, the Four Noble Truths, the Eightfold Path, ethics, meditation, non-attachment, and Nibbāna (Nirvana). The book includes an account of the life of the Buddha as well as comparisons of his teaching with practical and theoretical aspects of some Western philosophical outlooks, both ancient and modern. Most distinctively, Philosophy of the Buddha explores how Buddhist enlightenment could enable us to overcome suffering in our lives and reach our full potential for compassion and tranquility. This is one of the first books to introduce the philosophy of the Buddha to students of Western philosophy. Christopher W. Gowans' style is exceptionally clear and appropriate for anyone looking for a comprehensive introduction to this growing area of interest.

Do You Want To Free Yourself From Stress And Anxiety? Would you like to bring peace and joy in your life? Many people hear the word "Buddhism" and they think it is a religion. However, a person of any religion can bring Buddhist principles into their life without giving up their religious beliefs. Buddhism is a simple and practical philosophy, practiced by more than 300 million people worldwide, that can make your life better and help you find inner peace and happiness. Buddhism is a way of living your life following a path of spiritual development that leads you to the truth of reality. "We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." - Buddha Nowadays, Buddhism is becoming increasingly popular, thanks to the positive benefits it can bring to those who choose to practice it. By following the principles of Buddhism and by practicing mindfulness meditation you can reduce anxiety and stress and bring clarity and joy into your mind. If you want to learn how to apply the Buddhist philosophy in your everyday life, then this book is for you. You'll learn the principles of this philosophy along with the history of Buddha and his teachings that will help you successfully bring Buddhism into your everyday life. This book will give you the answers you're seeking in a format that is both simple and easy to understand, without obscure words or convoluted sentences. Inside Buddhism for Beginners, discover: How you can bring peace and joy in your life following the simple principles of Buddhism A simple but effective meditation technique for beginners to help you relieve stress and feel calmer, even if you've never meditated before The core Buddhist principles and teachings explained in plain English, without complex or obscure words The History of Buddhism, from its origins to the present day Why knowing and freeing your mind can help you bring peace and joy in your everyday life (with practical tips to help you start!) A complete historical timeline of notable Buddhist events to help you understand the development of this philosophy The principles you should pursue if you want to follow the path of Buddha An effective way to understand and practice Buddhism without feeling overwhelmed The truth about Karma and how it can actually help you change your life (many people don't know this!) Practical tips to bring Buddhism into your everyday life and brighten your future. And, much, much more. Now it's up to you. Even if right now you have no clue of Buddha's teachings, let joy and peace become part of your life and free you from stress and anxiety, you won't regret it! Scroll up and click the "Add to Cart" button!

The highly influential book that helped bring Eastern spiritual principles to the Western world. One of the world's leading authorities on Zen Buddhism, and a Nobel Peace Prize nominee, D. T. Suzuki was the author of more than a hundred works on the subject in both Japanese and English, and was most instrumental in bringing the teachings of Zen Buddhism to the attention of the Western world. Written in a lively, accessible, and straightforward manner, An Introduction to Zen Buddhism is illuminating for the serious student and layperson alike. Suzuki provides a complete vision of Zen, which emphasizes self-understanding and enlightenment through many systems of philosophy, psychology, and ethics. With a foreword by the renowned psychiatrist Dr. Carl Jung, this volume has been acknowledged a classic introduction to the subject. It provides, along with Suzuki's Essays in Zen Buddhism and Manual of Zen Buddhism, a framework for living a balanced and fulfilled existence through Zen.

In the days of extremism and severely divisive belief systems, learning patience and compassion practices (from the modern master of patience and compassion) is more valuable than ever. All of the world's major religions emphasize the importance of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In Perfecting Patience, the Dalai Lama shows how, through the practice of patience and tolerance, we can overcome the obstacles of anger and hatred. He bases his discussion on A Guide to the Bodhisattva Way of Life, the classic work on the activities of bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings. This book was previously published under the title Healing Anger.

The Buddha and His Teachings

Open Heart, Clear Mind

An Introduction to the Buddha's Teachings

Teachings, Practice and Development

British Buddhism

This is the most comprehensive and authoritative introduction to Tibetan Buddhism available to date, covering a wide range of topics, including history, doctrines, meditation, practices, schools, religious festivals, and major figures. The revised edition contains expanded discussions of recent Tibetan history and tantra and incorporates important new publications in the field. Beginning with a summary of the Indian origins of Tibetan Buddhism and how it eventually was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for personal transformation. The four main schools of Tibetan Buddhism, as well as Bön, are explored in depth from a nonsectarian point of view. This new and expanded edition is a systematic and wonderfully clear presentation of Tibetan Buddhist views and practices.

The Core Teachings of the Dalai Lama series begins with this small book of teachings by His Holiness—the perfect introduction to traditional Tibetan Buddhist thought and practice There is no more suited to introduce beginners—and remind seasoned practitioners—of the fundamentals of Tibetan Buddhism than His Holiness the Dalai Lama. Speaking to an audience of Western students, the Dalai Lama shows us how to apply basic Buddhist principles to our day-to-day lives. Starting with the very foundation of Buddhism, the Four Noble Truths, he provides the framework for understanding the Buddha's first teachings on suffering, happiness, and peace. He follows with commentary on two of Buddhism's most profound texts: The Eight Verses on Training the Mind and Atisha's Lamp for the Path to Enlightenment, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear, accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title Lighting the Way.

This easy-to-understand overview of the basics of Buddhism is an invaluable resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron’s responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it’s also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you’re looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

The Path to A Joyous Life Starts Here... Looking to Increase Your Quality of Life? Want to Gain Resilience to Life Circumstance? Want to Bring More Joy into the World? Interested In Buddhism? Want to Understand it In Simple Terms? Look no further, “Buddhism for Beginners”, is Your Guide.The purpose of this guide is to inform you of exactly what you need to know to get started in Buddhism. Inside the book, I cover the life of Buddha. You'll find out what Buddha's exact teachings were; in this way you can understand the origin of Buddhism. I'll get you started with understanding meditation and the primary types of meditation. As a Buddhist myself, I provide you with a variety of reliable resources, and much more... “Pain is inevitable, Suffering is optional” - Haruki Murakami Lets get Started...Secure Your Copy Today..By Scrolling to The Stop & Selecting Buy Now w/ 1 Click

Introduction to Buddhism

Transforming Suffering Into Peace, Joy & Liberation : the Four Noble Truths, the Noble Eightfold Path, and Other Basic Buddhist Teachings

Philosophy of the Buddha

Personality, Consciousness and Nirvana in Early Buddhism

An Introduction to Buddhist Ethics

The Heart of the Buddha's Teaching

This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.

More than 60 million Teach Yourself products sold worldwide! Everything you need to know about Buddhism, from Buddha to Zen Covering all aspects of this fascinating faith, from the teachings of the Buddha to the practicalities of pursuing a Buddhist way of life, Buddhism is an informative and accessible introduction to this major world religion. You will learn about the origins of Buddhism, its place in society today and the challenges it faces for the future. Includes: One, five and ten-minute introductions to key principles to get readers started Lots of instant help with common problems and quick tips for success, based on the author's many years of experience Answers to many of the current issues and questions that surround Buddhism Complex religious and philosophical ideas in simple, readable prose. Topics include: Buddhists and Buddhism; The life of the Buddha; The Buddha's teaching; Buddhist scriptures and schools; Meditation and devotion; Ethical conduct; Moral issues; The social order; Festivals and ceremonies; Buddhism today; East and West; Transition, adaptation and influence: prospects for Buddhism in the twenty-first century

"My religion is very simple. My religion is kindness." --Dalai Lama That's easy for the Dalai Lama to say—but for the rest of us, understanding this mysterious, multilayered faith can be very difficult. With this updated and revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and self-awareness. From Tibetan Buddhism to Zen, you'll explore the traditions of all branches of Buddhism, including: The life of Buddha and his continuing influence throughout the world A revealing survey of the definitive Buddhist texts What the Sutras say about education, marriage, sex, and death Faith-fueled social protest movements in Tibet, Burma, and elsewhere Buddhist art, poetry, architecture, calligraphy, and landscaping The proven physiological effects of meditation and other Buddhist practices The growing impact of Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this enigmatic religion. Most important, you learn how to apply the tenets of Buddhism to your daily life—and achieve clarity and inner peace in the process.

An introduction to Buddhism including: The Buddha, History of Buddhism, The Major Schools of Buddhism, The Dhammapada, Metta Sutta, Basic Buddhist Dictionary, Buddhist Festivals and Holidays, and teachings on Karma (Karma).

Buddhism Beginners Guide

Foundations, Values and Issues

Perfecting Patience

With Especial Reference to Chinese and Japanese Phases