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AN INTRODUCTION TO BUDDHISM In this new edition of the bestselling Introduction to Buddhism, Peter ... He is the author of An Introduction to Buddhist Ethics: Foundations, Values and Issues (Cambridge, 2000) and The Selfless Mind: Personality, Consciousness and Nirvana in Early

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The Discourse on Loving Kindness (Metta Sutta, Sutta Pit.aka)1. One who is skilled in the good and who wishes to attain that state of calm, Nibbana, should act thus: one should be sincere to oneself, upright and conscientious, of soft speech, gentle and not proud.

BUDDHIST GROUP OF KENDAL (THERAVADA)

Another common practice among Buddhists is taking the vow to follow the five precepts. (These precepts include refraining from killing, stealing, engaging in sexual ...

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lamas from the four major orders of Tibetan Buddhism (Nyingma, Kagyu, Sakya, and Geluk), as well as fieldwork in the Himalayan region. The goal of the first edition and of the present one was to meet the growing need for an introduction to Tibetan Buddhism written specifically for people with little or no previous exposure to the ...

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ground questions: first, is Buddhism a philosophy, or a religion, or some kind of combination of both, or neither? And second, assuming one could isolate Buddhist philosophy from Buddhist religion, what divisions or branches of its philosophy ought one to consider? These are obviously large and complex questions that could be the subjects of books of their own.

This page intentionally left blank - Higher Intellect

In my Introduction to Zen Buddhism (published 1934), an outline of Zen teaching is sketched, and in The Training of the Zen Monk (1934) a description of the Meditation Hall and its life is given.

Manual of Zen Buddhism: Introduction

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Introduction to Buddhism, you will find the answers to these and many other questions. Studying Buddhism and embracing its empowering concepts help us develop our faith and establish a regular daily practice. But finding time to study isnâ€™t always easy, so we can all benefit from some inspi-ration on why Buddhist study is so crucial.

For more information about Nichiren Buddhism and a

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