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 Dharmic Seals. 

Buddhism - Joan Duncan Oliver - 2004-03-01
A modern guide to the teachings of Buddhism. 

The Heart of the Buddha's Teaching - Nish Nakashima (Thich) - 1999
A succinct work that 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 Dharmic Seals. 

Buddhism for Beginners - Thubten Chodron - 2001-01-04
A succinct introduction to the essentials 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.

Buddhism for Beginners - Thubten Chodron - 2001-01-04
A teacher who has been widely praised for his work is Thubten Chodron, a nun who has been teaching Buddhism for many years. Thubten Chodron is a master of the teachings of the Buddha, and she is known for her ability to explain these teachings in a way that is easy to understand. In her book Buddhism for Beginners, Thubten Chodron offers a clear and concise introduction to the basics of Buddhism. 

The definitive Buddhist texts What the Sutras say about education, marriage, sex, and death Faith-fueled social movements in Tibet, Burma, and elsewhere Buddhist art, poetry, architecture, calligraphy, and landscape The profound physiological effects of meditation and other Buddhist practices The growing impact of Buddhism in the West, including America Lively interviews with high lamas, American Buddhists, and leading experts on the cultural dimensions of Buddhism, including: The life of Buddha and his continuing influence throughout the world A surveying of various Buddhist traditions What the Buddha taught filled in the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to the educated and intelligent reader. Authoritative and clear, logical and sober, this study is an accomplished work as it is a masterly one. The third edition incorporates selected comments and illustrations from the first two editions. A revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and well-being. Thubten Chodron, a nun who has been teaching Buddhism for many years, offers a clear and concise introduction to the basics of Buddhism. 

Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this timeless faith. The Dalai Lama's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to the educated and intelligent reader. Authoritative and clear, logical and sober, this study is an accomplished work as it is a masterly one. The third edition incorporates selected comments and illustrations from the first two editions. A revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and well-being. Thubten Chodron, a nun who has been teaching Buddhism for many years, offers a clear and concise introduction to the basics of Buddhism. 

The Everything Buddhism Book - Arnie Kozak - 2010-12-18
"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, multifaceted 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 well-being. Thubten Chodron, a nun who has been teaching Buddhism for many years, offers a clear and concise introduction to the basics of Buddhism. 

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To understand the words of the Buddha, they must be explained by one who has experienced them. From the very first chapter, we begin to dispel the misunderstandings that have surrounded the words of the Buddha. We root, we are we able to find peace. Although the words on the Buddha are easily mistaken, Devan gives us an extra explanation for the modern person. The essence of the Buddha’s path to enlightenment suited for the modern world - The Buddha and His Teachings - The Foundation of Buddhism - 2021-03-20

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The first volume in a multi-volume collection presenting the Dalai Lama's comprehensive explanation of the Buddha's teachings. His Holiness the Dalai Lama has been publicly teaching Buddhism for decades. This series collects his teachings of every step of the path to enlightenment, compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron. The Buddha wanted his students to investigate, to see for themselves whether what he said were true. As a student of the Buddha, the Dalai Lama promotes the same spirit of investigation, and as the rich tradition of the Buddha makes its way into new lands and cultures, His Holiness has recognized that new approaches are needed to allow seekers in the West to experience the relevance of the Buddha's teachings. These teachings have faith in Buddha's basic tenets. The Library of Wisdom and Compassion series, therefore, starts from the universal human wish for happiness and presents the dynamic nature of the mind. This first volume also provides a bridge to the many teachings on Buddhism to mainstream, contemporary issues, and the Dalai Lama's own personal experiences. It stands alone as an introduction to Buddhism, but it also provides a foundation for the understanding of the path of the Buddha, and the Library of Wisdom and Compassion collection of the Dalai Lama's decades of presentations of every step of the path to enlightenment. It has been compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron.

The Story of Buddhism - Donald S. Lopez - 2002-02-02
How and when did the many schools of Buddhism emerge? How does the historical figure of Siddhartha Gautama relate to the many teachings that are presented in his name? Did Buddhism modify the cultures to which it was introduced, or did they modify Buddhism? Leading Buddhist scholar Donald S. Lopez explores the origins of this 2,500-year-old religion and traces its major developments up to the present, focusing not only on the essential elements common to all schools of Buddhism but also revealing the differences among the major traditions.

Samsara, Nirvana, and Buddha Nature: Buddhism and the Mind - Ernest C. H. Ng - 2020-01-30
From teacher to student. Superbly illustrated by Borin Van Loon, the book illuminates this process through a rich legacy of stories, explains the practices of meditation, Taoism and Zen, and goes on to describe the role of Buddhism in modern Asia and its growing influence on Western thought.

The Story of Buddhism - William Montgomery McGovern - 1922
An Introduction to Mahayana Buddhism - William Montgomery McGovern - 1922

Buddhism 101 - Arnis Kozak - 2017-08-30
“Learning everything you need to know about Buddhism in this clear and straightforward new guide. This book highlights and explains the central concepts of Buddhism to the modern reader, with information on mindfulness, meditation, karma, nirvana, the Four Noble Truths, the Middle Way, and more...”

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Introducing Buddha - June Ho - 2014-06-05
Meditation, Karma, Zen, Tantid and Nirvana are some of the many Buddhist ideas. Westerners hear of frequently, even if their meaning has not yet been translated. This vast and complex non-choric religion is woven into the tapestry of modern life. How did the Buddha come to a new understanding of the world? How and when did the many schools of Buddhism emerging? How does the historical figure of Siddhartha Gautama relate to the many teachings that are presented in his name? Did Buddhism modify the cultures to which it was introduced, or did they modify Buddhism? Leading Buddhist scholar Donald S. Lopez explores the origins of this 2,500-year-old religion and traces its major developments up to the present, focusing not only on the essential elements common to all schools of Buddhism but also revealing the differences among the major traditions. Beginning with the creation and structure of the Buddhist universe, Lopez explores the life of the Buddha, the core Buddhist tenets, and the development of the monastic life and lay practices. Combining brilliant scholarship with fascinating stories – contemporary and historical, sometimes miraculous, sometimes humorous – this rich and absorbing volume presents a fresh and expert exploration of Buddhism and Buddhist culture.
contains the important teachings that will help us establish a flourishing Dharma practice. The Foundation of Buddhist Practice begins with the four seals shared by all Buddhist philosophies, and moves on to an explanation of the reliable cognition that allows us to evaluate the veracity of the Buddha’s teachings. The book provides many other essential Buddhist teachings, including: the relationship of a spiritual mentor and student, clarifying misunderstandings about this topic and showing how to properly rely on a spiritual mentor in a healthy, appropriate, and beneficial manner; how to structure a meditation session; dying and rebirth, unpacking the often difficult-to-understand topic of multiple lives and explaining how to prepare for death and aid someone who is dying; a fruitful explanation of karma and its results; and much more. His Holiness’s illumination of key Buddhist ideas will support Western and contemporary Asian students in engaging with this rich tradition.

How Buddhism Began - Richard F. Gombrich - 2006-03-07
Written by one of the world’s top scholars in the field of Pali Buddhism, this new and updated edition of How Buddhism Began, discusses various important doctrines and themes in early Buddhism. It takes ‘early Buddhism’ to be that reflected in the Pali canon, and to some extent assumes that these doctrines reflect the teachings of the Buddha himself. Two themes predominate. Firstly, the author argues that we cannot understand the Buddha unless we understand that he was debating with other religious teachers, notably Brahmins. The other main theme concerns metaphor, allegory and literalism. This accessible, well-written book is mandatory reading for all serious students of Buddhism.

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Buddhism: A Complete Introduction is a comprehensive and easy-to-use introduction, designed to give you everything you need to succeed, all in one place. Written by a leading expert, this book will help you if you are studying for an important exam or essay, or if you simply want to improve your knowledge. It is structured to mirror the way in which Buddhism is usually taught, starting with the life of the Buddha through to the prospects of Buddhism for the next generation. The book covers all the key areas that are considered central to Buddhism, including the Buddha’s teachings, the scriptures and schools, the role of meditation and the moral and ethical context. It uses jargon-free English and includes features such as guided further reading and end of chapter questions to ensure that you understand all the concepts covered.

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The Dalai Lama’s Little Book of Buddhism - His Holiness the Dalai Lama - 2015-06-01
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.

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