

Buddhism

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From its origins in India over two millennia ago, Buddhism spread throughout Asia and the world. This far-reaching and accessible introduction explains how Buddhism began, developed into its present-day form, and evolved in the West--where it now exerts increasing cultural influence. Complete with maps, diagrams, and illustrations, Buddhism provides detailed coverage of key topics such as karma, rebirth, meditation, and ethics, along with the distinguishing features of the main schools.

Buddhism without Beliefs

A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

Buddhism

"He has opened the stately grounds of scholarship to the public so that nothing of value and interest shall be missed. His readers are given an opportunity to understand something that has hitherto been only a mystery." — The Times (London) Literary Supplement "It would be hard to find a study of any religion which is at once so correct, scholarly, short, lucid, and readable." — The Manchester Guardian Based on a series of Oxford lectures delivered by a leading Buddhist scholar, this classic guide covers the entire range of Buddhist thought, including spirituality, doctrine, and basic assumptions. An expert on the subject who converted to Buddhism in the course of his studies. Dr. Conze introduces Buddhism as both religion and philosophy, and discusses its common ground with other faiths throughout the world. He contrasts monastic and popular Buddhism and defines old and new schools of thought, discussing sects and their practices, moral wisdom, and literary history. Other subjects include the Yogacarins; the Tantra, or magical Buddhism; and developments in the faith beyond India. The first comprehensive English-language book on Buddhism, this volume offers a concise approach to the complexities of Buddhist thought. A preface by a distinguished scholar of Oriental literature, Arthur Waley, appears in this edition.

The Path of the Buddha

The history and doctrines of Buddhism presented in 8 essays by 12 Buddhist scholars.

Concise History of Buddhism

An ideal introduction to the history of Buddhism. Andrew Skilton - a writer on and practitioner of Buddhism - explains the development of the basic concepts of Buddhism during its 2,500 years of history and describes its varied developments in India, Buddhism's homeland, as well as its spread across Asia, from Mongolia to Sri Lanka and from Japan to the Middle East. A fascinating insight into the historical progress of one of the world's great religions.

Buddhism for Beginners

This easy-to-understand introduction to Buddhism is “written for people wanting to understand basic Buddhist principles and how to integrate them into their lives” (H.H. the Dalai Lama) 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?

Buddhism in the Modern World

A comprehensive view of today's Buddhism, East and West, written for the lay reader.

The Everything Buddhism Book

“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.

The Foundations of Buddhism

In this introduction to the foundations of Buddhism, Rupert Gethin concentrates on the ideas and practices which constitute the common heritage of the different traditions of Buddhism (Thervada, Tibetan and Eastern) which exist in the world today.

Why Buddhism is True

Author Robert Wright shows how Buddhist meditative practice can loosen the grip of anxiety, regret, and hatred, and deepen your appreciation of beauty and other people.” -- Adapted from book jacket.

Buddhism in Practice

This anthology, first published in 1995, illustrates the vast scope of Buddhist practice in Asia, past and present. Re-released now in a slimmer but still extensive edition, Buddhism in Practice presents a selection of thirty-five translated texts--each preceded by a substantial introduction by its translator. These unusual sources provides the reader with a sense of the remarkable diversity of the practices of persons who over the course of 2,500 years have been identified, by themselves or by others, as Buddhists. Demonstrating the many continuities among the practices of Buddhist cultures widely separated by both history and geography,

Buddhism in Practice continues to provide an ideal introduction to Buddhism and a source of new insights for scholars.

Buddhism

In this strikingly illustrated and authoritative volume, readers have an introduction to one of the world's greatest living faiths. 200 color photos, maps & drawings.

Toward a Modern Chinese Buddhism

The Venerable Master Taixu (1890-1947) is the most important and controversial Chinese Buddhist reformer of the 20th century. This work focuses on his teachings and provides an interpretation of Taixu's aims and the diverse controversies that surrounded him.

A History of Indian Buddhism

This comprehensive and detailed survey of the first six centuries of Indian Buddhism sums up the results of a lifetime of research and reflection by one of Japan's most renowned scholars of Buddhism.

The Bodhisattva's Brain

This fascinating introduction to the intersection between religion, neuroscience, and moral philosophy asks: Can there be a Buddhism without karma, nirvana, and reincarnation that is compatible with the rest of knowledge? If we are material beings living in a material world—and all the scientific evidence suggests that we are—then we must find existential meaning, if there is such a thing, in this physical world. We must cast our lot with the natural rather than the supernatural. Many Westerners with spiritual (but not religious) inclinations are attracted to Buddhism—almost as a kind of moral-mental hygiene. But, as Owen Flanagan points out in *The Bodhisattva's Brain*, Buddhism is hardly naturalistic. In *The Bodhisattva's Brain*, Flanagan argues that it is possible to discover in Buddhism a rich, empirically responsible philosophy that could point us to one path of human flourishing. Some claim that neuroscience is in the process of validating Buddhism empirically, but Flanagan's naturalized Buddhism does not reduce itself to a brain scan showing happiness patterns. "Buddhism naturalized," as Flanagan constructs it, offers instead a fully naturalistic and comprehensive philosophy, compatible with the rest of knowledge—a way of conceiving of the human predicament, of thinking about meaning for finite material beings living in a material world.

Complete Idiot's Guide to Understanding Buddhism

Enlightenment has never been easier than with this updated guide to Buddhism. 432 pp.

The Everything Essential Buddhism Book

Contains material adapted from *The Everything Buddhism Book*, 2nd Edition.

A Survey of Buddhism

This is a comprehensive study of the entire field of Buddhism thought and practice, describing the development of all the major doctrines and traditions and clearly demonstrating the underlying unity of all schools of Buddhism.

How Buddhism Began

Description: This book takes a fresh look at the earliest Buddhist texts and offers various suggestions how the teachings in them had developed. Two themes predominate; firstly, it argues that we cannot understand the Buddha unless we understand that he was debating with other religious teachers, notably Brahmins. For example, he denied the existence of a soul ; but what exactly was he denying? Another chapter suggests that the canonical story of the Buddha's encounter with a brigand who wore a garland of his victims' fingers probably reflects an encounter with a form of ecstatic religion. The other main theme concerns metaphor, allegory and literalism. By taking the words of the texts literally-despite the Buddha's warning not to-successive generations of his disciples created distinctions and developed doctrines far beyond his original intention. One chapter shows how this led to a scholastic categorisation of meditation. Failure to understand a basic metaphor also gave rise to the later argument between the Mahayana and the older tradition. Perhaps most important of all, a combination of literalism with ignorance of the Buddha's allusions to Brahmanism led Buddhists to forget that the Buddha had preached that love, like Christian charity, could itself be directly salvific.

Buddhism and Science

Buddhism and Science brings together distinguished philosophers, Buddhist scholars, physicists, and cognitive scientists to examine the contrasts and connections between the worlds of Western science and Eastern spirituality. This compilation was inspired by a suggestion made by His Holiness the Dalai Lama, himself one of the contributors, after one of a series of cross-cultural scientific dialogues in Dharamsala, India, sponsored by the Mind and Life Institute. Other contributors such as William L. Ames, Matthieu Ricard, and Stephen LaBerge assess not only the fruits of inquiry from East and West but also shed light on the underlying assumptions of these disparate worldviews. Their essays creatively address a broad range of topics: from quantum theory's surprising affinities with the Buddhist concept of emptiness, to the increasing need in the West for a more contemplative science attuned to the first-person investigation of the mind, to the important ways in which the psychological study of \"lucid dreaming\" maps similar terrain to the cultivation of the Tibetan Buddhist discipline of dream yoga. Reflecting its wide variety of topics, Buddhism and Science is comprised of three sections. The first presents two historical overviews of the engagements between Buddhism and modern science or, rather, how Buddhism and modern science have defined, rivaled, or complemented one another. The second describes the ways Buddhism and the cognitive sciences inform each other; the third addresses points of intersection between Buddhism and the physical sciences. On the broadest level this work illuminates how different ways of exploring the nature of human identity, the mind, and the universe at large can enrich and enlighten one another.

Buddhism and Language

Taking language as its general theme, this book explores how the tradition of Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. Scholasticism, as an abstract and general category, is developed as a valuable theoretical tool for understanding a variety of intellectual movements in the history of philosophy of religion. The book investigates the Buddhist Scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. It also deals with the Buddhist Scholastic theory of conceptual thought as the mirror of language, the Scholastic defense of logic and rationality as a method, as well as the role of language in the idealist and nominalist ontologies of the Mahayana. Finally, the author treats the question of ineffability and the silence of the Buddha from a new perspective.

Buddhism

Buddhism is one of the oldest and largest of the world's religions. But it is also a tradition that has proven to have enormous contemporary relevance. Founded by Siddhartha Gautama, who came to be called the Buddha, the religion has spread from its origins in northeast India, across Asia, and eventually to the West,

taking on new forms at each step of the way. *Buddhism: What Everyone Needs to Know* offers readers a brief, authoritative guide to one of the world's most diverse religious traditions in a reader-friendly question-and-answer format. Dale Wright covers the origins and early history of Buddhism, the diversity of types of Buddhism throughout history, and the status of contemporary Buddhism. This is a go-to book for anyone seeking a basic understanding of the origins, history, teachings, and practices of Buddhism.

Buddhism in World Cultures

A comprehensive overview of modern Buddhism across cultures, showing how this ancient religion has adapted to recent social and political change. Collecting the work of leading authorities on Buddhism in different societies around the world, this book details the state of the religion in Asian countries where it is a major cultural influence and in North America. The religion has changed to meet the challenges of modernity; its practitioners have incorporated those innovations and this work examines those changes in-depth. A comprehensive overview of historical Buddhist practice grounds the reader for the entire nine chapters, each of which is organized by geographical area and follows the path Buddhism took as it spread across Asia and into North America. Each chapter presents field research and critical reflection on what constitutes modern Buddhism in one of nine countries or regions. Histories of Buddhism are common; this is the only source for in-depth information on modern Buddhism.

An Introduction to Buddhism

His Holiness the Dalai Lama presents the perfect introduction to traditional Tibetan Buddhist thought and practice, covering the Four Noble Truths and two essential texts. There is no one 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*.

The Essence of Buddhism

A clear and concise introduction to the teachings and philosophies of the three main vehicles of Buddhism—Theravada, Mahayana, and Vajrayana—through a Tibetan lens. This comprehensive guide to the Buddhist path from the Tibetan point of view is as accessible as it is complete. Traleg 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

This eight-volume set brings together seminal papers in Buddhist studies from a vast range of academic disciplines published over the last forty years. With a new introduction by the editor, this collection is a unique and unrivalled research resource for both student and scholar. Coverage includes: - Buddhist origins;

early history of Buddhism in South and Southeast Asia - early Buddhist Schools and Doctrinal History; Theravada Doctrine - the Origins and nature of Mahayana Buddhism; some Mahayana religious topics - Abhidharma and Madhyamaka - Yogacara, the Epistemological tradition, and Tathagatagarbha - Tantric Buddhism (Including China and Japan); Buddhism in Nepal and Tibet - Buddhism in South and Southeast Asia, and - Buddhism in China, East Asia, and Japan.

Buddhism: The early Buddhist schools and doctrinal history ; Therav?da doctrine

Buddhism had a profound effect not only on Chinese philosophy and ritual, but also on the material culture of China. Examining the impact of books, bridges, sugar, tea and the chair, amongst other things, this text looks at how attitudes to such novelties affected the history of Chinese Buddhism.

The Impact of Buddhism on Chinese Material Culture

Kexue, or science, captured the Chinese imagination in the early twentieth century, promising new knowledge about the world and a dynamic path to prosperity. Chinese Buddhists embraced scientific language and ideas to carve out a place for their religion within a rapidly modernizing society. Examining dozens of previously unstudied writings from the Chinese Buddhist press, this book maps Buddhists' efforts to rethink their traditions through science in the initial decades of the twentieth century. Buddhists believed science offered an exciting, alternative route to knowledge grounded in empirical thought, much like their own. They encouraged young scholars to study subatomic and relativistic physics while still maintaining Buddhism's vital illumination of human nature and its crucial support of an ethical system rooted in radical egalitarianism. Showcasing the rich and progressive steps Chinese religious scholars took in adapting to science's rising authority, this volume offers a key perspective on how a major Eastern power transitioned to modernity in the twentieth century and how its intellectuals anticipated many of the ideas debated by scholars of science and Buddhism today.

The Science of Chinese Buddhism

This book explores historical, textual, and social questions relating to the position and experience of women and gay people in the Buddhist world from India and Tibet to Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality, and it covers Buddhism's entire history, from its origins to the present day. The result of original and innovative research, the author offers new perspectives on the history of the attitudes toward, and of the self-perception of, women in both ancient and modern Buddhist societies. He explores key social issues such as abortion, he examines the use of rhetoric and symbols in Buddhist texts and cultures, and he discusses the neglected subject of Buddhism and homosexuality.

Buddhism, Sexuality, and Gender

Originating in India, Mahayana Buddhism spread across Asia, becoming the prevalent form of Buddhism in Tibet and East Asia. Over the last twenty-five years Western interest in Mahayana has increased considerably, reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen. Paul Williams' Mahayana Buddhism is widely regarded as the standard introduction to the field, used internationally for teaching and research and has been translated into several European and Asian languages. This new edition has been fully revised throughout in the light of the wealth of new studies and focuses on the religion's diversity and richness. It includes much more material on China and Japan, with appropriate reference to Nepal, and for students who wish to carry their study further there is a much-expanded bibliography and extensive footnotes and cross-referencing. Everyone studying this important tradition will find Williams' book the ideal companion to their studies.

Mahayana Buddhism

A Zen priest strips Buddhist teachings of the embellishments they have accumulated over the centuries and presents the original way of the Buddha in everyday, accessible language. Line drawings.

Buddhism Plain and Simple

A classic introduction to this ancient faith from one of recent history's greatest scholars of Buddhism. In this authoritative guide, one of the world's most distinguished scholars of Buddhism provides a compact summary of the tradition's development, from the time of the Buddha to the 20th century exile of the Dalai Lama. With skill, sympathy, and insight, Conze traces 2,500 years of Buddhist history, providing a lively explanation of the origins of Buddhism and its most basic doctrines. Covering all the Buddhist schools from Maháyána to Zen, this comprehensive, concise study is widely acknowledged as the classic introduction to the history of the Buddhist tradition, perfect for students and interested readers alike.

Buddhism

"This is the clearest and most precise exposition of Buddhism I have ever read. If you're looking for enlightenment rather than just scholarly knowledge, you'd better read this."--Robert M. Pirsig, author of *Zen and the Art of Motorcycle Maintenance* This is a book about awareness. It's about being "awake" and in touch with what is going on here and now. Practical and down-to-earth, it deals exclusively with the present, not with speculation, theory, or belief in some far off time and place. The teachings of the Buddha are plain and straightforward, and because they remain focused on the moment, they are just as relevant now as they have ever been. *Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day* is the book for anyone wanting to discover, or rediscover, the essence of Buddhism.

Buddhism Plain and Simple

Applying the insights of social psychology in order to understand the religious motivation of the people who constituted the early Buddhist community, this work addresses the question of how world religions come into being.

Religious Motivation and the Origins of Buddhism

As Buddhism and psychotherapy have grown and diversified in Asia and the West, so too has the literature dealing with their intersection. In this collection of essays, leading voices explore many surprising connections between psychotherapy and Buddhism. Contributors include Jack Engler on "Promises and Perils of the Spiritual Path," Taitetsu Unno on "Naikan Therapy and Shin Buddhism," and Anne Carolyn Klein on "Psychology, the Sacred, and Energetic Sensing."

Buddhism and Psychotherapy Across Cultures

Anyone who reads a Tantric text or enters a Tantric temple immediately encounters a pantheon of female Buddhas and a host of female enlighteners known as "dakinis," who dance and leap in joyous poses that communicate a sense of mastery and spiritual power. This striking female imagery is fully compatible with Shaw's findings. Drawing on interviews and archival research conducted during two years of fieldwork in India and Nepal, including more than forty previously unnoticed works by women of the Pala period (eighth through twelfth centuries C.E.), she substantially reinterprets the history of Tantric Buddhism during its first four centuries. In her view, the Tantric theory of this period promotes an ideal of cooperative, mutually liberative relationships between women and men while encouraging a sense of reliance on women as a source of spiritual insight and power.

Passionate Enlightenment

In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In *Buddhism for Busy People* Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

Buddhism for Busy People

This book unravels some of the complex factors that allowed or hampered the presence of (certain aspects of) Buddhism in the regions to the north and the east of India, such as Central Asia, China, Tibet, Mongolia, or Korea.

The Spread of Buddhism

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