

Get Free What Is Buddhism?: Buddhism For Children Level 3 (Buddhism For You)

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Pema Chödrön, Joan Halifax, and ten other female Tibetan Buddhist teachers share inspiring personal stories, revealing how we can embody Buddhist wisdom and overcome everyday challenges What drives a young London librarian to board a ship to India, meditate in a remote cave by herself for twelve years, and then build a flourishing nunnery in the Himalayas? How does a surfer girl from Malibu become the head of the main international organization for Buddhist women? Why does the daughter of a music executive in Santa Monica dream so vividly of peacocks one night that she chases these images to Nepal, where she finds the love of her life in an unconventional young Tibetan master? The women featured in Dakini Power—contemporary teachers of Tibetan Buddhism, both Asians and Westerners, who teach in the West—have been universally recognized as accomplished practitioners and brilliant teachers whose life stories demonstrate their immense determination and bravery. Meeting them in this book, readers will be inspired to let go of old fears, explore new paths, and lead the lives they envision. Featured here are: Jetsun Khadro Rinpoche (This Precious Life) Dagmol Sakya (Princess in the Land of Snows) Jetsun Tenzin Palmo/Diane Perry (Into the Peaceful Land) Thondro Desjire Chödrön (Late aunt of Jogyal Rinpoche, author of The Tibetan Book of Living and Dying) Thubten Chodron/Cherry Greene (Buddhism for Beginners; Taming the Mind) Karma Lekshe Tsomo/Patricia Zenn (Buddhism Through American Women ’s Eyes) Chagud Khadro/Jane DeLman (P ’howa Commentary; Life in Relation to Death) Sangye Khandro/Nanci Gay Gustafson (Meditation, Transformation, and Dream Yoga) Roshi Joan Halifax (Being with Dying) Lama Tsultrim Allione/Joan Rousmanière Ewing (Women of Wisdom; Feeding Your Demons) Elizabeth Mattis-Hamgyel (The Power of an Open Question)

Unlike other studies, this work not only explores Buddhism’s world views but attempts to show how it functions as a set of practices based on devotion, ethics, and meditation.

Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha’s uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

Buddhism, with its numerous schools and teachings, can feel daunting. How can one practise Buddhism in a systematic way? Profoundly experienced in Buddhist practice, intimately familiar with its main schools, and founder of the Triratna Buddhist Community, an international movement, Sangharakshita is the ideal guide. In this highly readable, reliable and far-reaching guide, he sorts out fact from myth and theory from practice to reveal the principal ideals and teachings of Buddhism.

Buddhist Practice to Modern Astrology

An Introduction to Buddhism

Its Essence and Development

Buddhism and Political Theory

Why Buddhism is True

Zen, Huayan, and the Possibility of Buddhist Postmodern Ethics

Shaping Tibetan Buddhism for the Twenty-First Century

About the life of Buddha

This book contains the essential core of the central Buddhist teachings based on the recent UK lectures by his holiness.

Philosophically explains how the human mind evolved to channel anxiety, depression, anger, and greed and how a healthy practice of Buddhist meditation can promote clarity and alleviate suffering.

The Buddha’s teachings center around two basic principles. One is the Four Noble Truths, in which the Buddha diagnoses the problem of suffering and indicates the treatment necessary to remedy this problem. The other is the Noble Eightfold Path, the practical discipline he prescribes to uproot and eliminate the deep underlying causes of suffering. The present book offers, in simple and clear language, a concise yet thorough explanation of the Eightfold Path. Basing himself solidly upon the Buddha’s own words, the author examines each factor of the path to determine exactly what it implies in the way of practical training. Finally, in the concluding chapter, he shows how all eight factors of the path function in unison to bring about the realization of the Buddhist goal: enlightenment and liberation.

Buddhism and Violence

Discourse and Ideology in Medieval Japanese Buddhism

Twelve Extraordinary Women Shaping the Transmission of Tibetan Buddhism in the West

The Awakening of the West

Becoming a Mindful Parent

The Science of Chinese Buddhism

The Conditioned Genesis of the Early Teachings

Based on a series of Oxford lectures delivered by a well-known Buddhist scholar, this volume covers the entire range of Buddhist thought. It introduces Buddhism as both religion and philosophy, discusses its common ground with other faiths throughout the world, contrasts monastic and popular Buddhism, and defines old and new schools of thought.

Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world’s most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You’ll gain an understanding of the origins of this ancient practice and how they’re currently practiced. This guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world’s religions fascinating Religion For Dummies (9781119643265) was previously published as Buddhism For Dummies (9781118023792). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

In this simple 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 inside him kept nagging at him. He decided to try Buddhism. He 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 inside him kept nagging at him. He decided to try Buddhism. He 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 inside him kept nagging at him. He decided to try Buddhism. He found the path to lasting fulfillment.

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 in science. 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 adopting of 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 in the West.

Buddhism is Not what You Think

Essays in Honor of Padmanabh S. Jaini

Buddhism in the Early Chos’ŏn

The Tibetan Book of the Dead

Teachings, History and Practices

Buddhism for Beginners

The Foundations of Buddhism

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.

A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers--Buddhists and non-Buddhists--be more open, attentive, and content.

Buddhism is Not what You ThinkFinding Freedom Beyond BeliefsPenguin UK

Through a close analysis of Zen encounter dialogues (gong'ans) and Huayan Buddhist philosophy, Buddhism and Postmodernity offers a new ethical paradigm for Buddhist-postmodern philosophy.

Mind in Tibetan Buddhism

The Character and Spirit of Chinese Zen

The Encounter of Buddhism and Western Culture

Buddhism for Busy People

Astrology in Buddhism

Buddhism For Dummies

The Four Noble Truths

Essential Chan Buddhism is the rare unearthing of an ancient and remarkable Chinese spiritual tradition. Master Guo Jun speaks through hard-won wisdom on Chan’s spiritual themes familiar to Western readers, such as mindfulness and relaxation in meditation, as well as profound, simply expressed teachings and insightful explorations of religious commitment. Essential Chan Buddhism filters formal spiritual practices through the lens of mundane and everyday life activities. The work captures the lyrical beauty and incantatory style of Guo Jun ’s spoken English from the talks he gave at a fourteen-day retreat near Jakarta in 2010 and in subsequent conversations with his editor Kenneth Wapner. This value-priced hardcover edition is both a distinctive addition to Buddhist collections and a thoughtful gift for anyone looking for spiritual guidance. Chan master Guo Jun is one of a new breed of international teachers taking the world ’s great wisdom traditions into the twenty-first century. He is currently abbot of Mahabodhi Monastery in Singapore and teaches internationally. Chan master Sheng Yen ’s youngest dharma heir, he served as abbot of his Pine Bush, New York, retreat center from 2005 to 2008. A native of Singapore, Guo Jun received his full monastic ordination in Taiwan. He is a lineage holder and successor in Chan as well as the Xianshou and Cien schools of Chinese Buddhism. Essential Chan Buddhism is his first book. Kenneth Wapner ’s Peekamouse Books is a book packager and editor. Clients include Bantam, Tarcher/Putnam, Ballantine, and Doubleday. He is well known for his work on Rabbi Jesus, Bones of the Master, and The Zen of Creativity.

An invaluable resource for Buddhist scholars, meditation teachers, and practitioners wishing to deepen their own practice of mindfulness, the author examines all aspects of mindfulness practice, explores the history of mindfulness in the Buddhist tradition, and provides instructions for meditation practice, all supported by translations of the early Buddhist canonical texts.

Buddhism is a buzzword that has many people wondering, "What is all the fuss about?" Meditation and Mindfulness are also getting plenty of press, and scientific validation, for their ability to lower stress levels and create a sense of peace and well-being without changing your religious beliefs. There are hundreds if not thousands of Buddhist books that have been written! Why pick this one? Because this one cuts through all the dogma and doctrine, goes beyond any cultural overlays, and gets to the heart of what really works and can be practically implemented in your daily life. Buddhism for Non-Buddhists enables you to learn meditation, mindfulness and visualization, the three key components of the Buddhist practice without wading through the history or histrionics of the various Buddhist traditions. Here’s a book that is straightforward and easy to understand, without all the foreign words and frustrating interpretations. Buddhism for Non-Buddhists gives you a step-by-step approach to radically change the way you experience yourself and the world around you. These practices enable you to experience a sense of happiness and well-being regardless of your external circumstances. These practices have proven effective in helping with pain management, addiction recovery and stress relief. These practices have proven effective in making you a more loving, compassionate, joyful and wise person! Who wouldn't want some of that?

It is generally accepted in the West that Buddhism is a ‘ peaceful ’ religion. The Western public tends to assume that the doctrinal rejection of violence in Buddhism would make Buddhist pacifists, and often expects Buddhist societies or individual Asian Buddhists to conform to the modern Western standards of ‘ peaceful ’ behavior. This stereotype – which may well be termed ‘ positive Orientalism, ’ since it is based on assumption that an ‘ Oriental ’ religion would be more faithful to its original non-violent teachings than Western Christianity – has been periodically challenged by enthusiastic acquiescence by monastic Buddhism to the most brutal sorts of warfare. This volume demolishes this stereotype, and produces instead a coherent, nuanced account on the modern Buddhist attitudes towards violence and warfare, which take into consideration both doctrinal logic of Buddhism and the socio-political situation in Asian Buddhist societies. The chapters in this book offer a deeper analysis of ‘ Buddhist militarism ’ and Buddhist attitudes towards violence than previous volumes, grounded in an awareness of Buddhist doctrines and the recent history of nationalism, as well as the role

Buddhism plays in constructions of national identity. The international team of contributors includes scholars from Thailand, Japan, and Korea.

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

Buddhism for Non-Buddhists

2500 Years of Buddhism

Jainism and Early Buddhism

The Life of Buddhism

A Practical Guide to Ease Suffering and Be Happy

Bringing together 15 essays by international Buddhist scholars, this book offers a distinctive portrayal of the life of Buddhism. The contributors focus on a range of religious practices across the Buddhist world, from New York to Tibet.

Buddhism for beginners A simple guide to practicing and understand Buddhist teachings, to meditation and peace within. From the birth and evolution of Buddhism to the present day Are you interested in meditation and you want peace in your life? Do you want to practice Buddhism, but you don't manage to understand it? Then keep reading to find the answer to all of your questions! Many people think about religion when they hear the word Buddhism, but some of them deny it because Buddhism doesn't say anything about loving a divinity. The ones that really knows what Buddhism is say that it consists in a way of thinking, a lifestyle. Buddhism started from the Asia continent and expanded all over Europe and America too. It is a famous lifestyle, and a lot of people want to try it. But to start being a Buddhist you will need a good guide to lead your way! Here it is what you will find inside the book: What is Buddhism How to use incense sticks and what is their meaning 10 facts you didn't know about Buddhism The American Buddhism Which are the symbols of Buddha in Gardens ...and much more! Along this book you will find out that Buddhism is an exceptionally unpredictable convention that can be seen as a religion or something completely different: it only depends upon the way that you take a gander at it. So what are you waiting for? Don't you want a peaceful life? Then scroll the page and press the buy button!

Details the nature of mind and its functions.

Despite the recent upsurge of interest in comparative political theory, there has been virtually no serious examination of Buddhism by political philosophers in the past five decades. In part, this is because Buddhism is not typically seen as a school of political thought. However, as Matthew Moore argues, Buddhism simultaneously parallels and challenges many core assumptions and arguments in contemporary Western political theory. In brief, Western thinkers not only have a great deal to learn about Buddhism, they have a great deal to learn from it. To both incite and facilitate the process of Western theorists engaging with this neglected tradition, this book provides a detailed, critical reading of the key primary Buddhist texts, from the earliest recorded teachings of the Buddha through the present day. It also discusses

the relevant secondary literature on Buddhism and political theory (nearly all of it from disciplines other than political theory), as well as the literatures on particular issues addressed in the argument. Moore argues that Buddhist political thought rests on three core premises--that there is no self, that politics is of very limited importance in human life, and that normative beliefs and judgments represent practical advice about how to live a certain way, rather than being obligatory commands about how all persons must act. He compares Buddhist political theory to what he sees as Western analogues--Nietzsche's similar but crucially different theory of the free, Western theories of limited citizenship from Epicurus to John Howard Yoder, and to the Western tradition of immanence theology in ethics. This will be the first comprehensive treatment of Buddhism as political theory.

The Science and Philosophy of Meditation and Enlightenment

The Noble Eightfold Path

Contemporary Buddhist Ethics

The Rise of Esoteric Buddhism in Tibet

Suppression and Transformation

How Buddhism Began

Essential Chan 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 (Theravada, Tibetan and Eastern) which exist in the world today.

This treatise explains in detail the principle of Radical Pluralism which asserts that the elements alone are realities while every combination of them is a mere name covering a plurality of separate elements. The principle has been elucidated by its contrast with Arambhavada which maintains the reality of the whole as well as of the elements and with Parinama-vada which ascribes absolute reality to the whole. The work is divided into sixteen sections dealing with Skandhas, Avatansas, Dhatus, Elements of mind, Pratityasamutpada, Karma, Impermanence in the Sankhya-Yoga, Theory of Cognition, Pre-Buddhaic Buddhism etc. It has two appendices dealing with the views of Yasubandhu on the fundamental principles of Sarvastivada and the classification of all elements of existence according to the Sarvastivadis. The two indices appended to the work record proper names and Sanskrit terms occurring in the work.

The Tibetan Book of the Dead is one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The guru hid his books in stones, lakes, and pillars because the Tibetans of that day and age were somehow unprepared for their teachings. Now, in the form of the ever-popular Tibetan Book of the Dead, these teachings are constantly being discovered and rediscovered by Western readers of many different backgrounds—a phenomenon which began in 1927 with Oxford’s first edition of Dr. Evans-Wentz’s landmark volume. While it is traditionally used as a mortuary text, to be read or recited in the presence of a dead or dying person, this book—which includes the whole experience of death and rebirth in three intermediate states of being—was originally understood as a guide not only for the dead but also for the living. As a contribution to the science of death and dying—not to mention the belief in life after death, or the belief in rebirth—The Tibetan Book of the Dead is unique among the sacred texts of the world, for its socio-cultural influence in this regard is without comparison. This fourth edition features a new foreword, afterward, and suggested further reading list by Donald S. Lopez, author of Prisoners of Shangri-La: Tibetan Buddhism and the West. Lopez traces the whole history of the late Evans-Wentz’s three earlier editions of this book, fully considering the work of contributors to previous editions (C. G. Jung among them). The sections that were added by Evans-Wentz along the way, the questions surrounding the book’s translation, and finally the volume’s profound importance in engendering both popular and academic interest in the religion and culture of Tibet. Another key theme that Lopez addresses is the changing nature of this book’s audience—from the prewar theosophists to the beat poets to the hippies to contemporary exponents of the hospice movement—and what these audiences have found (or sought) in its very old pages.

This innovative volume brings together the views of leading scholars on a range of controversial subjects including human rights, animal rights, euthanasia, abortion, and contemporary business practice.

Dakini Power

Early Twentieth-Century Engagements

Finding Happiness in a Hurried World

The Central Conception of Buddhism and the Meaning of the Word "Dharma"

Buddhism, Society, and Women

Buddhism Plain and Simple

Guide to the Buddhist Path

Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world’s most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You’ll gain an understanding of the origins of this ancient practice and how they’re currently applied to everyday life. Whether you’re a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world’s religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion.

"The Awakening of the West" is an insightful and elegantly written history chronicling the developing relationship between Buddhism and Western culture. As anyone familiar with the work of Stephen Batchelor (best-selling author of Buddhism Without Beliefs) would expect, "The Awakening of the West" is presented in a fresh and lively way and backed by thorough research. Using the innovative approach of starting with the present and working back in time, Batchelor makes it easy to connect familiar contemporary Buddhist teachers to their historical roots. He breathes life into history by capturing the personalities and times of famous and lesser-known but important Buddhist figures. After absorbing these stories and their context, readers will not only have a greater appreciation of Buddhism as a religion but can gain insights that can help them develop their own discerning wisdom. "The Awakening of the West" is a unique, engaging and important book for anyone seeking a greater understanding of Buddhism.

Contrary to the Buddhism in the Koryo period, Buddhism in the early Choson period suffered from a great deal of suppression. The society was dominated by the Confucian elite, and little power or financial resources were available to the Buddhists. This volume explores the decline as well as the transformation of the religion in this time period.

The Book Develops Two Major Themes. The First Theme Attempts To Understand The Sources Of Value Orientation Of The Thai People, And Their Individual And Group Behaviour. To This End The Study Examines Three Major Value Systems And Their Institutions, As Well As Their Mutual Relationship And Interaction. As The First Value System, The Study Examines The Theravada Buddhism As Founded By The Buddha, Then Focuses On Its Application In Thailand, On Buddhist Ethics And Morality, On The Conflicts Between Some Aspects Of Buddhism And The Rapidly Changing Society And, Finally, On Various Movements Attempting To Reform Buddhism In That Country. As The Second Major Value System, The Study Examines The Role Which Animism And The Spirit Worship Play In The Daily Life Of The Thai People, Their Symbolism, And Their Fusion With Buddhism And Its Values And Institutions At The Grassroot Level Of The Society. As The Third Value System, The Study Discusses Various Theories Which Attempt To Explain The Psycho-Cultural Values And Attitudes Of The Thai People, How These Interact With Buddhism And Animism, And How They Add Another Dimension To The Already Complex Pattern Of Social Behaviour. These Three Value Systems Interact And Define The Parameters Within Which All Aspects Of The National Life Political, Cultural, Economic And Others Are Actualized. The Second Major Theme Of The Book Concentrates On The Position Of Women In Thailand. It Begins With The Explanation Of The Attitudes Which The Buddha Himself Held Towards The Women, Examines The Status Of Women In Early Buddhist Societies And Of Those Women Who Chose To Renounce The World And Join The Buddhist Order To Seek Personal Salvation, As Well As The Role Of The Lay Women In A Buddhist Society At That Time. The Book Then Focuses On The Position Of Women In The Thai Society Through Various Stages Of Its History, And Culminates In The Discussion Of The Legal Position Of Women Today And The Attempts To Improve Their Status. However, In Treating The Latter Subject The Study Is Descriptive Rather Than Prescriptive, Leaving It To The Thai Women Themselves To Decide Which Remedies To Pursue To Improve Their Position.

Finding Freedom Beyond Beliefs

Buddhism

A Simple Guide to Practicing and Understand Buddhist Teachings, to Meditation and Peace Within. from the Birth and Evolution of Buddhism to the Present Day

Buddhism: A Very Short Introduction

Militarism and Buddhism in Modern Asia

The Way to the End of Suffering

Mindfulness in Early Buddhism

In "Buddhism is Not What You Think" Steve Hagen, bestselling author of "Buddhism Plain and Simple" and a Zen priest, cuts through the many misconceptions surrounding Buddhism, and shows us its true purpose. Drawing on down to earth examples from everyday life, this practical and straightforward guide penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or fear it is? How can we base our actions on reality? How can we live lives that are wise, compassionate, open and honest? What can it bring to our lives.

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.

The medieval period of Japanese religious history is commonly known as one in which there was a radical transformation of the religious culture. This book suggests an alternate approach to understanding the dynamics of that transformation. One main topic of analysis focuses on what Buddhism – its practices and doctrines, its traditions and institutions – meant for medieval Japanese peoples themselves. This is achieved by using the notions of discourse and ideology and juxtaposing various topics on shared linguistic practices and discursive worlds of medieval Japanese Buddhism. Collating contributions from outstanding scholars in the field of Buddhist Studies, the editors have created an important work that builds on preliminary work on rethinking the importance and meaning of Kamakura Buddhism published recently in English, and adds greatly to the debate.

A collection of new voices from Tibet—at celebrated Larung Gar—with innovative reflections on how Buddhism can meet the challenges of our times. Voices from Larung Gar is the first collection of talks and writings by the leading voices of Larung Gar, the largest Buddhist institution on the Tibetan plateau. The book offers a compelling vision for Buddhism in the twenty-first century by some of the most erudite, creative, and influential Tibetan Buddhist luminaries today. In everyday language, these leaders delve into an array of contemporary issues, including science, ethics, gender equity, and animal welfare. This collection features contributions from a range of prominent figures who are forging dynamic, modern paths forward for an ancient tradition. Included are the internationally renowned Khenpo Jigme Phuntsok, founder of Larung Gar, his distinguished successors Khenpos Sodargye and Tsultrim Lodro, and erudite nuns holding the scholarly title Khenmo, who are becoming known for their impressive publishing projects. Larung Gar is thus one of Tibetan Buddhism's most vital communities, actively balancing cultural preservation and innovation.

Or The After-Death Experiences on the Bardo Plane, according to L^ama Kazi Dawa-Samdup's English Rendering

Buddhism for Mothers of Young Children

Buddhism and Postmodernity

Voices from Larung Gar

Characteristics and Functions

Thailand

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.

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?

In most Asian countries esoteric buddhism (Tantrayana) declined in the past, while the Tibetans alone preserved the full richness of tantric traditions to our times. Thus this study is based on several Tibetan sources never presented in any modern language-some of them were translated, some were given as a summary.