

Buddhism: A Complete Introduction: Teach Yourself



Filesize: 5.8 MB

Reviews

A really awesome publication with perfect and lucid reasons. I was able to comprehend every thing using this published e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Patsy Blanda)

BUDDHISM: A COMPLETE INTRODUCTION: TEACH YOURSELF



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Buddhism: A Complete Introduction: Teach Yourself, Clive Erricker, 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. Buddhism: A Complete Introduction includes: Chapter 1: Buddhists and Buddhism Who are Buddhists? The Three Jewels The Three Refuges Buddhist Practice In conclusion Chapter 2: The life of the Buddha The Buddha's significance The Four Sights Going forth Self-mortification The enlightenment Turning the wheel of the dharma The mission The growth of the Sangha Parinirvana In conclusion Chapter 3: The Buddha's teaching The first Noble Truth: all is suffering (dukkha) The second Noble Truth: the origins of suffering (samudaya) The third Noble Truth: the cessation of suffering (nirodha) The fourth Noble Truth: the path to the cessation of suffering (magga) Chapter 4: Buddhist scriptures and schools The Theravada Scriptures The Mahayana Scriptures Pure Land Buddhism The Ch'an and Zen Schools The Tibetan Scriptures In conclusion Chapter 5: Meditation and devotion 1 Mind and heart 2 Heart and mind 3 Devotion as homage...



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