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buddhism for beginners the buddha taught that the way to free the mind from suffering is through gaining insight into what truly is one of the tools the buddha taught for gaining insight is mindfulness the ability to be fully aware in each moment

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buddhism is variously understood as a religion a philosophy or a set of beliefs and practices based on the teachings of the buddha or awakened one the title given to the indian spiritual seeker siddhartha gautama after he attained enlightenment more than 2 600 years ago

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buddhism explains a purpose to life it explains apparent injustice and inequality around the world and it provides a code of practice or way of life that leads to true happiness

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buddhism is a hugely diverse tradition arguably more so than christianity while all of buddhism shares a core of basic teaching it s possible that much of what you might be taught by one teacher could be directly contradicted by another

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learn buddhist basics with a leading expert what s included 6 in depth lessons explaining the key principles and practices of buddhism including meditation the middle way karma and more

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over the centuries two main branches of buddhism emerged a transmission that traveled to southeast asia and a transmission that evolved in east asia a further offshoot of the northern transmission also developed all three branches began in india and developed further as they moved across asia

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presented as a q a series buddhism for beginners offers introductory teachings practices and history in topical decks of cards that expand when clicked the site was launched with one layer of decks but we ll be adding more decks and layers over time

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what is buddhism and which of its beliefs do you need to know to learn how to practice buddhism as a beginner this handy guide will answer your questions

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buddhism originated in what is today modern india where it grew into an organized religion practiced by monks nuns and lay people its beliefs were written down forming a large canon buddhist images were also devised to be worshiped in sacred spaces from india buddhism spread throughout asia

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explore our beginner friendly guide to essential buddhist terms concepts and traditions offering insights into the rich tapestry of buddhist philosophy and practice

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this book is your comprehensive guide to the essential teachings of buddhism and how they can help you find inner peace learn the core fundamentals of buddhism from the teachings of the buddha to the four noble truths to the three marks of existence and more

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here s what to expect in the beginner s guide what buddhism is and what its teachings are the core concepts of buddhism karma suffering nirvana and reincarnation the practice and benefits of yoga the four noble truths practices treasures and poisons of buddhism how to practice the five precepts of buddhism

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placing emphasis on meditation yoga and understanding the core concepts of buddhism allows the reader to apply its teachings to make their lives fuller and healthier if you are curious about buddhism and want to find the answers you seek then look no further than this qualitative guidebook

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find out all about mysterious buddhism its origins its secrets and its answers to the challenges of modern life this book contains a basic overview of buddhism including the life of buddha and the various kinds of buddhism that have developed

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