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The Buddha was the first most active missionary in the world. He wandered from place to place for forty-five years preaching His doctrine to the masses and the intelligentsia.

The Buddha and His Teachings

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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.

Buddhism for Beginners | Dharma Wisdom

"Buddha For Beginners" is a comprehensive introduction to the spiritual leader—a real person, named Siddhartha Gautama—who founded Buddhism. Within the contents of this book, Dr. Stephen T. Asma explains the Buddha's Despite widespread popularity of Buddhist practices (like meditation and yoga), there remains little understanding of the traditions and beliefs behind them.

Buddha For Beginners by Stephen T. Asma - Goodreads

I am happy to know about this book, "Buddhism for Beginners, ... Studying the Buddha's teachings enables us to learn more about specific actions and their results. Then we can change our behavior and plant more seeds in our mindstreams to experience desirable results.

Buddhism for Beginners - Bhikshuni Thubten Chodron

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Buddha For Beginners compares Buddha's philosophy with those of his contemporaries, the later Buddhist schools, and Western Philosophy. The book includes a survey, distinguishing the philosophical differences among later schools of Buddhism, such as Theravada, Madhyamaika, Tantric, Zen, and others.

Buddha For Beginners: Stephen T Asma: 9781939994332

Buddhism for beginners: A beginner's guide to Buddhism for the non-religious and the skeptical. Agnostic and secular Buddhism based on Theravada teachings. ... The Buddha-to-be was born Siddhattha Gotama about 2,600 years ago as a prince of the Sakya clan near what is now the Indian-Nepalese border.

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