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Buddhism for Beginners - Bhikshuni Thubten Chodron

fact, all Buddhist nations grew up in the cradle of Buddhism. "Do no evil", that is, be not a curse to oneself and others, was the Buddha's first advice.

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Buddha's teachings. Sutras and all sacred Buddhist texts should generally be treated with extreme respect. BASIC RELIGIOUS OBSERVANCE: Buddhist practice includes meditation and chanting, which is a form of prayer. Most fundamentally, Buddhist observance is practiced through striving to embody the precepts in daily life (see below).

BUDDHISM BY Princeton Buddhist Students Group

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Thus the Buddhist Path is a Gradual Path, a Middle Way consisting of Virtue, Meditation and Wisdom as explained in the Noble Eightfold Path leading to happiness and liberation. 4. Kamma. Kamma means 'action'. The Law of Kamma means that there are inescapable results of our actions.

Buddhism for Beginners

About 2,000 years ago Buddhism divided into two major schools: Theravada and Mahayana. For centuries, Theravada has been the dominant form of Buddhism in Sri Lanka, Thailand, Cambodia, Burma, (Myanmar) and Laos. Mahayana is dominant in China, Japan, Taiwan, Tibet, Nepal, Mongolia, Korea, and Vietnam. In recent years, Mahayana also has gained many followers in India.

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teachings and practices of Pure Land Buddhism according to the lineage of Master Shandao (AD 613-681)
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