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The Buddha in Me, the Buddha in You Apr 29 2021 Do you want to be happier? Find inner calm? Enjoy a rich and rewarding life? Here's how... The Buddha in Me, the Buddha in You combines the tried-and-tested wisdom of Nichiren Buddhism with the best of popular psychology and personal development, making this a brilliant guide to how life works, and how to get the most from it. Nichiren Buddhism differs from other Buddhist schools in its focus on the here-and-now, and places great importance on individual growth as the starting point for a better world. This, combined with powerful techniques such as NLP, mindfulness, journalling and coaching, makes The Buddha in Me, the Buddha in You the quintessential handbook for happiness. 'Buddha' simply means someone who is awakened - yet while Nichiren Buddhists will find fascinating insights into their practice, there is no need to follow a spiritual path to benefit from this book. Through his experience as an internationally acclaimed life coach and practising Buddhist, author David Hare shows us how to wake up to our own potential and that of those around us - to discover everyday enlightenment.

Peaceful Action, Open Heart Oct 24 2020 Peaceful Action, Open Heartshines 60 years of study and practice upon one of the crowning scriptures of the path of the Buddha, and is destined to be known as one of the most significant writings by Thich Nhat Hanh. The Lotus Sutra is one of the most revered of Mahayana sacred texts and is sometimes called "the king of sutras." Despite this fact, there are very few commentaries in English available today. Thich Nhat Hanh explores the Sutra's main theme-- that everyone has the capacity to become a Buddha, and that Buddha-nature is inherent in everything--but he also uniquely emphasizes the sutra's insight that Buddha-nature is the basis for peaceful action. Since we all will one day become a Buddha, he says, we can use mindfulness practices right now to understand and find solutions to current world challenges. In his interpretation of the sutra, he suggests that if the practices, views, and insights of the Lotus Sutra would find application not only by individuals but also by nations, it would offer concrete solutions to transform individual suffering and the global challenges facing the world today. Stamped with his signature depth of vision, lucidity, and clarity, Thich Nhat Hanh's insights based on the wisdom of the Lotus Sutra invoke a wide range of contemporary topics and concerns, such as the Palestinian-Israeli war, the threat of terrorism, and the degradation of our environment. In proposing radical new ways of finding peaceful solutions to universal, contemporary conflicts, he not only challenges the U.N to change from an organization to a real organism working for peace and harmony in the world, but also

encourages all branches of all governments to act as Sangha. In so doing, he demonstrates the practical and direct applicability of this sacred text to today's concerns. This book has been re-released with a new title. The earlier hardcover edition was entitled *Opening the Heart of the Cosmos*.

Rebirth in Early Buddhism and Current Research Aug 14 2022 Join a rigorous scholar and Buddhist monk on a rich tour of rebirth, from ancient doctrine to contemporary debates. German Buddhist monk and university professor Bhikkhu Analayo had not given much attention to the topic of rebirth before some friends asked him to explore the treatment of the issue in early Buddhist texts. This succinct volume presents his findings, approaching the topic from four directions. The first chapter examines the doctrine of rebirth as it is presented in the earliest Buddhist sources and the way it relates to core doctrinal principles. The second chapter reviews debates about rebirth throughout Buddhist history and up to modern times, noting the role of confirmation bias in evaluation of evidence. Chapter 3 reviews the merits of current research on rebirth, including near-death experience, past-life regression, and children who recall previous lives. The chapter concludes with an examination of xenoglossy, the ability to speak languages one has not learned previously, and chapter 4 examines the particular case of Dhammaruwan, a Sri Lankan boy who chants Pali texts that he does not appear to have learned in his present life. *Rebirth in Early Buddhism and Current Research* brings together the many strands of the debate on rebirth in one place, making it both comprehensive and compact. It is not a polemic but an interrogation of the evidence, and it leaves readers to come to their own conclusions.

The Dhammapada Sep 03 2021 A Buddhist scholar and Insight Meditation teacher presents the most universally beloved scriptures of Buddhism in this "clear, concise, and inspiring" translation that "brings these timeless passages of the Buddha right into our hearts" (Joseph Goldstein) The *Dhammapada* is the most widely read Buddhist scripture in existence, enjoyed by both Buddhists and non-Buddhists. This classic text of teaching verses from the earliest period of Buddhism in India conveys the philosophical and practical foundations of the Buddhist tradition. The text presents two distinct goals for leading a spiritual life: the first is attaining happiness in this life (or in future lives); the second goal is the achievement of spiritual liberation, freedom, absolute peace. Many of the key themes of the verses are presented in dichotomies or pairs, for example, grief and suffering versus joy; developing the mind instead of being negligent about one's mental attitude and conduct; virtuous action versus misconduct; and being truthful versus being deceitful. The purpose of these contrasts is, very simply, to describe the difference between what leads to desirable outcomes and what does not. For centuries, this text has been studied in its original Pali, the canonical language of Buddhism in Southeast Asia. This fresh new translation from Insight Meditation teacher and Pali translator Gil Fronsdal is both highly

readable and scholarly authoritative. With extensive explanatory notes, this edition combines a rigorous attention to detail in bringing forth the original text with the translator's personal knowledge of the Buddhist path. It is the first truly accurate and highly readable translation of this text to be published in English.

Buddhism: A Complete Introduction Jan 19 2023 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 Paranirvana 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 4 Salvific devotion In conclusion Chapter 6: Ethical conduct Sila skilfulness The practicality of buddhist ethics Working on yourself and others The precepts and the dharma Renunciation In conclusion Chapter 7: Moral Issues The natural world Human society In conclusion Chapter 8: The social order Ordination Celibacy Weddings and marriages Family life Death and dying In conclusion Chapter 9: Festivals and ceremonies Theravada festivals Tibetan festivals Japanese and Chinese festivals Western Buddhist festivals In conclusion Chapter 10: Buddhist today: East and West The spread of Buddhism Buddhism in India The revival of Buddhism Buddhism in South-East Asia Missionary activity Tibetan Buddhism Buddhism in the West In conclusion Chapter 11: Transition, adaptation and influence: prospects for Buddhism in the twenty-first century Into the twenty-first century Views from the West Transmitting Buddhism to a new generation In conclusion Learn effortlessly with a new easy-to-read page design and

added features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of psychology. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

Reconstructing Early Buddhism Oct 12 2019 Addresses key and contested questions regarding early Buddhism, revealing the path of meditative practice most likely followed by the Buddha.

The Heart Sutra Jan 15 2020 An illuminating in-depth study of one of the most well-known and recited Buddhist texts, by a renowned modern translator The Prajna Paramita Hridaya Sutra is among the best known of all the Buddhist scriptures. Chanted daily by many Zen practitioners, it is also studied extensively in the Tibetan tradition, and it has been regarded with interest more recently in the West in various fields of study—from philosophy to quantum physics. In just a few lines, it expresses the truth of impermanence and the release of suffering that results from the understanding of that truth with a breathtaking economy of language. Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then analyzes it line by line in its various forms (Sanskrit, Chinese, Japanese, Korean, Tibetan, Mongolian, and various key English translations), providing a deeper understanding of the history and etymology of the elusive words than is generally available to the non-specialist—yet with a clear emphasis on the relevance of the text to practice. This book includes a fresh and meticulous new translation of the text by the author and Roshi Joan Halifax.

Haunting the Buddha Aug 22 2020 Robert DeCaroli seeks to place the formation of Buddhism in its appropriate social & political contexts, by analysis of the early monks & nuns, what beliefs they brought with them from their upbringing & how the new faith offered them revolutionary new mechanisms with which to engage minor deities & spirits.

The Life of Buddha Jun 12 2022 Originally written in the First Century, A.D. by Asvaghosha. This may be the oldest known story of the complete life of Buddha, having been written in the first century AD. The author was an educated ecclesiastic Buddhist who traveled throughout India collecting stories and traditions relating to the Buddhas life. He was a famous preacher and musician who then wove them into a Sanskrit poem which he performed musically during his travels. The people of India delighted in this magical tale whenever it was performed with the choir of musicians who traveled with him. It holds many facts that other biographies or stories of the Buddha dont have, which makes this work so important. The entire epic is preserved in this rare book, long out of

print, which may have otherwise been lost to the western world.

Buddhist Funeral Cultures of Southeast Asia and China Mar 17 2020

Death rituals and Buddhist imagery of the afterlife have been central to the development and spread of Buddhism as a social and textual tradition. Bringing together ethnographic, historical and theoretically informed accounts, the book presents in-depth studies of the Buddhist funeral cultures of mainland Southeast Asia and China.

What is the Dharma? Feb 14 2020 What is the meaning of life? How can we be truly happy? Buddhism answers these questions through the Dharma, which is a traditional term meaning both "the truth" and "the path", and is the subject of this book, which offers a starter-kit of Buddhist teachings and practices.

Buddha and Butterflies Journal Jul 21 2020 Journaling is a way to express oneself through this journey called life. Write whatever you desire, it's your journal and the possibilities are endless! Get one for yourself, give one as a gift. Share the art of journaling to discover what it is you truly desire, so you can create your best life. Journal Description: Size: 5.5x8.5 Paperback Cover: Matte Finish Color: Berry Quote on Cover: "Every morning we are born again, what we do today is what matters most".
-Buddha Inside: 200 lined pages 26 lines per page, space between lines are ~.27 inches (over 1/4 inch) Each page has a butterfly watermark (same as on the cover)

The Book of Wisdom Dec 26 2020 This work is not a book of esoteric philosophy. rather, it is a guide for inner discipline and transformation. It is a book that captures the essence of Tibetan Buddhism and gives us an accessible method for training the mind, awakening the heart and growing in love and kindness towards others. In short, it is a book that teaches us to live with wisdom.

The Pocket Thich Nhat Hanh Jul 01 2021 A collection of powerful and inspiring teachings in a convenient pocket-size book. These writings provide a wonderful overview of mindfulness in our daily lives, Buddhism and enlightenment, working with emotions and relationships, and transforming society.

Buddhism and Law Mar 29 2021 This volume challenges the concept of Buddhism as an apolitical religion without implications for law.

Buddhism Jan 27 2021 This dynamic tome covers a vast and complex series of events and developments in the history of Buddhism. By examining its early development, a new light is cast on little-known aspects of Buddhist history and its relevance to Buddhism today.

Buddhism Declined in India Aug 02 2021

Buddhism and the State in Sixteenth-century Japan Mar 09 2022 The author reassesses the reasons for Nobunaga's attacks on the Buddhist temples and explores the long-term effects of his activities on the temples and on the relation between Buddhism and the state. Originally published in 1985. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books

from the distinguished backlist of Princeton University Press. These paperback editions preserve the original texts of these important books while presenting them in durable paperback editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

***Introduction to Tibetan Buddhism Feb 08 2022* The expanded edition of the classic reference, one of Snow Lion's top ten bestsellers. Thorough coverage of Tibetan Buddhism from its Indian origins to the present day; includes new information on the four schools of Tibetan Buddhism, religious practices and festivals, and the current political situation.**

Buddhism in Plain Terms Volume 1 Hardcover Dec 18 2022

***The Path of the Buddha Feb 20 2023* So compelling is the story of Prince Siddharta Gautama that it loses none of its sheen with a retelling. Impelled by a desire to deal with the sorrows of human existence, he renounces the world when barely ninety-nine and find Buddhism. Varied and meaningful this book provides a rare glimpse into Buddhism.**

***Approaching the Buddhist Path Oct 04 2021* The first volume in a multivolume collection presenting the Dalai Lama's comprehensive explanation of the Buddhist path—now in paperback! His Holiness the Dalai Lama has been publicly teaching Buddhism for decades. This series collects his presentations of every step of the path to enlightenment, compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron. The Buddha wanted his students to investigate, to see for themselves whether what he said was true. As a student of the Buddha, the Dalai Lama promotes the same spirit of investigation, and as the rich tradition of the Buddha makes its way into new lands and cultures, His Holiness has recognized that new approaches are needed to allow seekers in the West to experience the relevance of the liberating message in their own lives. Such an approach cannot assume listeners are free from doubt and already have faith in Buddhism's basic tenets. The Library of Wisdom and Compassion series, therefore, starts from the universal human wish for happiness and presents the dynamic nature of the mind. This first volume, now in paperback, also provides a wealth of reflections on Buddhist history and fundamentals, contemporary issues, and the Dalai Lama's own personal experiences. It stands alone as an introduction to Buddhism but also provides a foundation for the systematic illumination of the path in the volumes to come.**

***Wake Up to What Matters Jul 13 2022* An introduction to the Dharma for millennials by a young Tibetan lama. This unique and fresh presentation of Tibetan Buddhism provides all the tools a millennial needs to navigate the Buddhist path in a modern world. The twenty-five-year-old lama, Avikrita Vajra Sakya, was born and raised in America and now lives in a monastery in India, training in and teaching meditation and Buddhist philosophy to hundreds of monks and nuns. He has thousands of students**

all over the world, with over 100,000 people following him on Facebook. His style of writing is frank and open, hitting straight to the heart of young people's concerns for why they should bother with a spiritual path in the age of cell phones and shopping malls. There is no other book like this available that makes such a direct argument for being a twenty-first century Buddhist, whether you are living in Seattle or in a Himalayan hermitage. Fundamentally, we all have the same hang-ups and all equally have the potential to become buddhas ourselves by cultivating loving-kindness, compassion, and wisdom. And this book teaches readers to do just that.

What the Buddha Taught Feb 25 2021 Overview of Buddha's teachings. A Companion to Buddhist Philosophy Jun 19 2020 A Companion to Buddhist Philosophy is the most comprehensive single volume on the subject available; it offers the very latest scholarship to create a wide-ranging survey of the most important ideas, problems, and debates in the history of Buddhist philosophy. Encompasses the broadest treatment of Buddhist philosophy available, covering social and political thought, meditation, ecology and contemporary issues and applications Each section contains overviews and cutting-edge scholarship that expands readers understanding of the breadth and diversity of Buddhist thought Broad coverage of topics allows flexibility to instructors in creating a syllabus Essays provide valuable alternative philosophical perspectives on topics to those available in Western traditions

The Good Heart Dec 06 2021 From this remarkable event comes an historic first in publishing: The Good Heart. In this unprecedented book, one of the world's most beloved spiritual teachers, the Dalai Lama, comments on well-known passages from each of the four Christian Gospels, providing a unique reading of these familiar source of faith.

Het boek van vreugde Sep 22 2020 *Genomineerd voor de Hebban Awards 2017 in de categorie Beste Non-fictie.***De Dalai Lama en Desmond Tutu hebben beiden veel tegenslagen moeten overwinnen. Ondanks hun ontberingen - of zoals ze zelf zeggen dankzij hun ontberingen - behoren ze tot de vrolijkste mensen ter wereld. Ter gelegenheid van de 80e verjaardag van de Dalai Lama reisde Desmond Tutu naar Dharamsala om samen HET BOEK VAN VREUGDE te maken als cadeau voor iedereen. Tijdens deze bijzondere week toonden ze met hun eigen uitbundigheid, compassie en humor hoe vreugde kan groeien van een voorbijgaande emotie tot een blijvende, solide levenshouding. Douglas Abrams was bij de gesprekken aanwezig en verwerkte ze tot dit boek. Een boek waar je blij van wordt, alleen al vanwege de liefdevolle manier waarop deze oude wijze mannen met elkaar omgaan, de levensvreugde en speelsheid die ze delen en de respectvolle manier waarop ze hun verschil van inzicht bespreken, want de boeddhistische en de christelijke traditie hebben naast veel overeenkomsten ook duidelijke verschillen. Het is mooi om te lezen hoe onbelangrijk die verschillen worden, want hun kernboodschap is**

dezelfde: vreugdevol leven bereik je door anderen vreugde te brengen.
Buddhism Apr 10 2022 The book has 120 white pages with dot matrix that will help you while writing and sketching but at the same time gives you enough freedom for notes and other ideas. It comes in handy format 6x9 inches (equivalent to DIN A5). The Buddhism Notebook is for those who have a fable for Buddhists or Buddhism. The Buddhism Notebook is versatile, write down personal achievements, birthday appointments, your thoughts or other notes of your choice. Use it on holiday as a holiday diary or as a gratitude diary. No matter if motivation, tokens, appointments or notes with this space-saving notebook no wish remains open. For leisure, hobbies or work, this small but fine notebook is always and everywhere suitable for things, ideas or thoughts that want to be noted, e.g. as a thought support or for organizing tasks. Whether for yourself or as a gift for men and women, partners, friends, mums and dads or work colleagues. Especially suitable for birthdays, for Christmas or just as a nice attention for your loved one.

Buddhism for Beginners Apr 17 2020 This easy-to-understand introduction to Buddhism is "written for people wanting to understand basic Buddhist principles and how to integrate them into their lives" (H.H. the Dalai Lama) 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?

Buddhism Day by Day Dec 14 2019 With brief, easily absorbed wisdom from the precepts of Nichiren, a 13th-century Buddhist priest, this collection of day-to-day musings can be enjoyed by casual readers and devoted followers alike. Covering a wide span of topics--from life and death to courage and winning--the practical information and encouragement are ideal for those seeking to find a deeper understanding of this ancient philosophy.

Philosophical Meditations on Zen Buddhism May 19 2020 This book is the first to engage Zen Buddhism philosophically on crucial issues from a perspective that is informed by the traditions of western philosophy and religion. It focuses on one renowned Zen master, Huang Po, whose recorded sayings exemplify the spirit of the 'golden age' of Zen in

medieval China, and on the transmission of these writings to the West. The author makes a bold attempt to articulate a post-romantic understanding of Zen applicable to contemporary world culture. While deeply sympathetic to the Zen tradition, he raises serious questions about the kinds of claims that can be made on its behalf.

The Leader's Way Nov 17 2022 A very special book which applies a unique, holistic view to the world of business and leadership by His Holiness the Dalai Lama.

After Buddhism Jan 07 2022

Awakening the Buddha Within Nov 24 2020 Lama Surya Das, the most highly trained American lama in the Tibetan tradition, presents the definitive book on Western Buddhism for the modern-day spiritual seeker. The radical and compelling message of Buddhism tells us that each of us has the wisdom, awareness, love, and power of the Buddha within; yet most of us are too often like sleeping Buddhas. In Awakening the Buddha Within, Surya Das shows how we can awaken to who we really are in order to lead a more compassionate, enlightened, and balanced life. It illuminates the guidelines and key principles embodied in the noble Eight-Fold Path and the traditional Three Enlightenment Trainings common to all schools of Buddhism: Wisdom Training: Developing clear vision, insight, and inner understanding—seeing reality and ourselves as we really are. Ethics Training: Cultivating virtue, self-discipline, and compassion in what we say and do. Meditation Training: Practicing mindfulness, concentration, and awareness of the present moment. With lively stories, meditations, and spiritual practices, Awakening the Buddha Within is an invaluable text for the novice and experienced student of Buddhism alike.

The Little Book of Buddhism Sep 15 2022 This book encompasses the essence of love and compassion, offering practical wisdom for our everyday lives. Whoever you are, whatever your beliefs, you are the creator of your own happiness.

Chinese Buddhism and the Scholarship of Erik Zürcher Nov 12 2019 Since Erik Zürcher's landmark Buddhist Conquest of China, the study of earlier phases of Chinese Buddhist history has made great progress with new materials, new interpretations and new problematizations. This volume brings together 12 contributions from the leading scholars in the field offering new perspectives on this old tradition.

Buddha of Infinite Light May 31 2021 Shin is the uniquely Japanese flowering of the type of Buddhism known as "Pure Land." It originated in the thirteenth century with the charismatic and prophetic figure Shinran (1172-1263), whose interpretation of the traditional Pure Land teachings was extremely influential in his own lifetime and remain so today. In a period when Japanese Buddhism was dominated by an elitist monastic establishment, Shinran's Shin teaching became a way of liberation for all people, regardless of age, class, or gender. Although Shin is one of Japan's greatest religious contributions—and is still the most widely

practiced form of Buddhism in Japan—it remains little known in the West. In this book, based on several lectures he gave in the 1950s, D. T. Suzuki illuminates the deep meaning of Shin and its rich archetypal imagery, providing a scholarly and affectionate introduction to this sometimes misunderstood tradition of Buddhist practice.

The Buddha and the Sahibs Nov 05 2021 Today there are many Buddhists in the West, but for 2000 years the Buddha's teachings were unknown outside Asia. It was not until the late 18th century, when Sir William Oriental Jones, a British judge in India, broke through the Brahmin's prohibition on learning their sacred language. Sanskrit, that clues about the origins of a religion quite distinct from Hinduism began to be deciphered from inscriptions on pillars and rocks. This study tells the story of the search that followed, as evidence mounted that countries as diverse as Ceylon, Japan and Tibet shared a religion which had its origins in India yet was unknown there. British rule brought to India, Burma and Ceylon a whole band of enthusiastic Orientalist amateurs - soldiers, administrators and adventurers - intent on investigating the subcontinent's lost past. Unwittingly, these men helped lay the foundations for the revival of Buddhism in Asia during the 19th century and its spread to the West in the 20th. Charles Allen's book is a mixture of detective work and story-telling, as this acknowledged master of British Indian history pieces together early Buddhist history to bring a handful of extraordinary characters to life.

Boeddisme in alle eenvoud Oct 16 2022 'Boeddisme in alle eenvoud' is een toegankelijke gids die het boeddisme op een heldere en ongekunstelde manier benadert. Het centrale thema is ontwaken en bewust leven in het hier en nu. Het boeddisme spreekt een brede groep geïnteresseerden aan. Maar wat houdt de levensbeschouwing nu eigenlijk precies in? Met 'Boeddisme in alle eenvoud' schreef de Amerikaanse zenpriester Steve Hagen een korte, zeer toegankelijke en inspirerende tekst waarin hij Boeddha's observaties en inzichten kort, bondig en ontdaan van hinderlijk jargon heeft verwerkt. Daarmee is dit veelgeprezen boek over boeddisme een inspirerende gids voor iedereen die de kern van het boeddisme wil doorgronden en deze levensvisie wil integreren in zijn bestaan.

Beyond the Self May 11 2022 A Buddhist monk and esteemed neuroscientist discuss their converging—and diverging—views on the mind and self, consciousness and the unconscious, free will and perception, and more Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation. In this book, Matthieu Ricard, a Buddhist monk trained as a molecular biologist, and Wolf Singer, a distinguished neuroscientist—close friends, continuing an ongoing dialogue—offer their perspectives on the mind, the self, consciousness, the unconscious, free

will, epistemology, meditation, and neuroplasticity. Ricard and Singer's wide-ranging conversation stages an enlightening and engaging encounter between Buddhism's wealth of experiential findings and neuroscience's abundance of experimental results. They discuss, among many other things, the difference between rumination and meditation (rumination is the scourge of meditation, but psychotherapy depends on it); the distinction between pure awareness and its contents; the Buddhist idea (or lack of one) of the unconscious and neuroscience's precise criteria for conscious and unconscious processes; and the commonalities between cognitive behavioral therapy and meditation. Their views diverge (Ricard asserts that the third-person approach will never encounter consciousness as a primary experience) and converge (Singer points out that the neuroscientific understanding of perception as reconstruction is very like the Buddhist all-discriminating wisdom) but both keep their vision trained on understanding fundamental aspects of human life.

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