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To recognize this timeless awareness here and now means to become enlightened, and it is the ultimate goal of Buddhism. Group meditation in the Berlin Buddhist center Karma: What goes around, comes around. Buddhism inspires us to take responsibility for our own lives, without moralizing, by understanding cause and effect (karma).

What is Buddhism? A short introduction for beginners

Introduction 1. The Buddha and his Indian context 2. Early Buddhist teachings: rebirth and karma 3. Early Buddhist teachings: the four true realities for the spiritually ennobled 4. Early developments in Buddhism 5. Mah?y?na philosophies: the varieties of emptiness 6. Mah?y?na holy beings, and Tantric Buddhism 7. The later history and spread of Buddhism 8.

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An Introduction to Buddhism: Teachings, History and ...

The Buddha wandered the plains of northeastern India for 45 years more, teaching the path or Dharma he had realized in that moment. Around him developed a community or Sangha of monks and, later, nuns, drawn from every tribe and caste, devoted to practicing this path.

An Introduction to Buddhism - Shippensburg University

Introduction: 1. The Buddha and his Indian context; 2. Early Buddhist teachings: rebirth and karma; 3. Early Buddhist teachings: the four true realities for the spiritually ennobled; 4. Early developments in Buddhism; 5. Mah?y?na philosophies: the varieties of emptiness; 6. Mah?y?na holy beings, and Tantric Buddhism; 7.

An Introduction to Buddhism: Teachings, History and ...

Rebirth in Buddhism refers to its teaching that the actions of a person lead to a new existence after death, in an endless cycle called sa?s?ra. This cycle is considered to be dukkha, unsatisfactory and painful.The cycle stops only if liberation is achieved by insight and the extinguishing of craving. Rebirth is one of the foundational doctrines of Buddhism, along with karma, nirvana and ...

Rebirth (Buddhism) - Wikipedia

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An Introduction to Buddhism by Dalai Lama XIV

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