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strive for a deep insight into the true nature of life and do not worship gods or deities.

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On holy days, some Buddhists might take an additional three precepts, which include not eating after midday, not dancing or listening to music or wearing fancy clothes, perfume or make-up, and not resting or sleeping in luxurious spaces (monastics will take many more). These precepts are designed to help to refine one's spiritual potential and to focus the mind on the Buddhist path, and they are undertaken voluntarily.

## A focus on Buddhism | Community Practitioner

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A so-called theism like Buddhism is substantially not a substance of organized religion, in the first place; yet a philosophy and a coherent mechanism that unexpectedly teaches the significance of...

From one of America's most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don't see the world clearly. At the heart of Buddhist meditative practice is a radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this "sublime" (The New Yorker), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life—how it can loosen the grip of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright's landmark book on evolutionary psychology, The Moral Animal, and

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deepened as he immersed himself in meditative practice and conversed with some of the world's most skilled meditators. The result is a story that is "provocative, informative and...deeply rewarding" (The New York Times Book Review), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, Why Buddhism Is True lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

Bringing together 15 essays by international Buddhist scholars, this book offers a distinctive portrayal of the life of Buddhism. The contributors focus on a range of religious practices across the Buddhist world, from New York to Tibet.

"Religions in Focus" engages with the religious lives of members of some of the most significant religions today. It presents religions as contemporary ways of life that motivate and inspire people. Because religious people refer to sacred texts, honour the founders of their religions, learn from elders, or mould their lives according to authoritative teachings, "Religions in Focus" explains the relationship between tradition and contemporary practice. It offers an introduction to religions that is rooted in the best scholarship of the Study of Religions and provides a secure foundation for further study. A team of Religious Studies scholars from many countries, all skilled communicators about the contemporary religions with which they are thoroughly familiar, introduce what it means to live as a religious person today. They insist that however old or young these religions may be, what is most interesting is the ways in which people express them today. This is not a history of religions but an insightful introduction to living religions. A guide to further study and a companion website will point to ways of building on knowledge gained in studying this book, and applying skills developed in studying people's religious lives.

This book offers eight essays examining the dark side of a tradition often regarded as the religion of peace. The authors note the conflict between the Buddhist norms of non-violence and the prohibition of the killing of sentient beings and acts of state violence supported by the Buddhist community (sangha), acts of civil violence in which monks participate, and Buddhist intersectarian violence.

This book critically examines the term 'religion' (shūkyō) as a social category within the sociological context of contemporary Japan. Whereas the nineteenth-century construction of shūkyō has been critically studied by many, the same critical approach has not been extended to the contemporary context of the Japanese-language discourse on shūkyō and Temple Buddhism. This work aims to unveil the norms and imperatives which govern the utilization of the term shūkyō in the specific context of modern day Japan, with a particular focus upon Temple Buddhism. The author draws on a number of popular publications in Japanese, many of which have been written by Buddhist priests. In addition, the book offers rich interview material from conversations with Buddhist priests. Readers will gain insights into the critical deconstruction, the historicization, and the study of social classification system of 'religion', in terms of its cross-cultural application to the

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contemporary Japanese context. The book will be of interest to students and scholars across a range of disciplines including Japanese Studies, Buddhology, Religious Studies, Social Anthropology, and Sociology.

This book offers a Buddhist perspective on the conflict between religion and science in contemporary western society. Examining Buddhist history, authors Francisca Cho and Richard K. Squier offer a comparative analysis of Buddhist and western scientific epistemologies that transcends the limitations of non-Buddhist approaches to the subject of religion and science. The book is appropriate for undergraduates, graduate students, and researchers interested in comparative religion or in the intersection of religion and science and Buddhist Studies.

Why did people in North India from the 5th century BC choose to leave the world and join the sect of the Buddha? This is the first book to apply the insights of social psychology in order to understand the religious motivation of the people who constituted the early Buddhist community. It also addresses the more general and theoretically controversial question of how world religions come into being, by focusing on the conversion process of the individual believer.

Originating in India, Mahayana Buddhism spread across Asia, becoming the prevalent form of Buddhism in Tibet and East Asia. Over the last twenty-five years Western interest in Mahayana has increased considerably, reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen. Paul Williams' Mahayana Buddhism is widely regarded as the standard introduction to the field, used internationally for teaching and research and has been translated into several European and Asian languages. This new edition has been fully revised throughout in the light of the wealth of new studies and focuses on the religion's diversity and richness. It includes much more material on China and Japan, with appropriate reference to Nepal, and for students who wish to carry their study further there is a much-expanded bibliography and extensive footnotes and cross-referencing. Everyone studying this important tradition will find Williams' book the ideal companion to their studies.

The vast majority of books on Buddhism describe the Buddha using the word enlightened, rather than awakened. This bias has resulted in Buddhism becoming generally perceived as the eponymous religion of enlightenment. Beyond Enlightenment is a sophisticated study of some of the underlying assumptions involved in the study of Buddhism (especially, but not exclusively, in the West). It investigates the tendency of most scholars to ground their study of Buddhism in these particular assumptions about the Buddha's enlightenment and a particular understanding of religion, which is traced back through Western orientalists to the Enlightenment and the Protestant Reformation. Placing a distinct emphasis on Indian Buddhism, Richard Cohen adeptly creates a work that will appeal to those with an interest in Buddhism and India and also scholars of religion and history.

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