

Where To Download This Is My  
Faith: Buddhism

*This Is My Faith:  
Buddhism*

**The field of non-Tantric  
Buddhism still has many  
problems and debated  
issues. The present volumes**

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**included numerous solutions of these problems by the senior author Alex Wayman. The categories of the Twenty-four essays are Heroes of the system, Theory of the Heroes,**

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**Buddhist Doctrine,  
Buddhist Practice and  
hindu Buddhist Studies.  
Among these essays are one  
of his earliest from the late  
1950`s.  
Despite Mongolia's**

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**centrality to East Asian history and culture, Mongols themselves have often been seen as passive subjects on the edge of the Qing formation or as obedient followers of so-**

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**called "Tibetan Buddhism," peripheral to major literary, religious, and political developments. But in fact Mongolian Buddhists produced multi-lingual and genre-bending scholastic**

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**and ritual works that profoundly shaped historical consciousness, community identification, religious knowledge, and practices in Mongolian lands and beyond. In**

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**Sources of Mongolian Buddhism, a team of leading Mongolian scholars and authors have compiled a collection of original Mongolian Buddhist works--including ritual**

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**texts, poetic prayers and eulogies, legends, inscriptions, and poems--for the first time in any European language.**

**"My religion is very simple. My religion is kindness."**



## Where To Download This Is My Faith: Buddhism

**--Dalai Lama That's easy for the Dalai Lama to say--but for the rest of us, understanding this mysterious, multilayered faith can be very difficult. With this updated and**

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**revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and self-awareness. From Tibetan Buddhism to Zen,**

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**you'll explore the traditions of all branches of Buddhism, including: The life of Buddha and his continuing influence throughout the world A revealing survey of the**

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**definitive Buddhist texts  
What the Sutras say about  
education, marriage, sex,  
and death Faith-fueled  
social protest movements in  
Tibet, Burma, and  
elsewhere Buddhist art,**

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**poetry, architecture,  
calligraphy, and  
landscaping The proven  
physiological effects of  
meditation and other  
Buddhist practices The  
growing impact of**

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**Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this enigmatic religion. Most important, you learn how to apply the tenets of**

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**Buddhism to your daily life--and achieve clarity and inner peace in the process. The first English translations of the writings of Chōngsan (1900-62), who codified the central**

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**doctrines of Won  
Buddhism.**

**A History of Chinese  
Buddhist Faith and Life  
The Buddha and His  
Religion (Routledge  
Revivals)**



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## **From Buddha to Jesus Buddhism without Beliefs The Fourteenth Dalai Lama's Stages of the Path 20th Anniversary Edition**

Faith and Power in Japanese Buddhist  
Art explores the transformation of

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Buddhism from the premodern to the contemporary era in Japan and the central role its visual culture has played in this transformation. Although Buddhism is generally regarded as peripheral to modern Japanese society, this book demonstrates otherwise. Its

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chapters elucidate the thread of change over time in the practice of Buddhism as revealed in temple worship halls and other sites of devotion and in imagery representing the religion's most popular deities and religious practices. It also introduces the work of modern and

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contemporary artists who are not generally associated with institutional Buddhism and its canonical visual requirements but whose faith inspires their art. The author makes a persuasive argument that the neglect of these materials by scholars results from

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erroneous presumptions about the aesthetic superiority of early Japanese Buddhist artifacts and an asserted decline in the institutional power of the religion after the sixteenth century. She demonstrates that recent works constitute a significant contribution to

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the history of Japanese art and architecture, providing evidence of Buddhism's compelling presence at all levels of Japanese society and its evolution in response to the needs of new generations of supporters. This landmark of interfaith dialogue

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will inspire readers of all faiths. In *The Good Heart*, The Dalai Lama provides an extraordinary Buddhist perspective on the teachings of Jesus. His Holiness comments on well-known passages from the four Christian Gospels, including the Sermon on the Mount, the

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parable of the mustard seed, the Resurrection, and others. Drawing parallels between Jesus and the Buddha — and the rich traditions from which they hail — the Dalai Lama delivers a profound affirmation of the sacred in all religions. Readers will be uplifted by



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the exploration of each tradition's endless merits and the common humanity they share.

Without Buddha I Could not be a Christian narrates how esteemed theologian, Paul F. Knitter, overcame a crisis of faith by looking to Buddhism

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for inspiration. From prayer to how Christianity views life after death, Knitter argues that a Buddhist standpoint can encourage a more person-centred conception of Christianity where individual religious experience comes first, and liturgy and tradition

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second. Moving and revolutionary, this edition comes with a new conclusion – ‘Jesus and Buddha Both Come First!’ ‘A compelling example of religious inquiry.’ New York Times ‘One of the finest contemporary books on the encounter between religions in the heart

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and soul of a single thoughtful person.'

Library Journal

The rationale for Humanistic Buddhism derives directly from the Buddha, "because the Buddha was born, cultivated the path, became enlightened, and strived to enlighten

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others in this world." It is with this understanding that Venerable Master Hsing Yun proceeds to elaborate on the many ways in which the Buddha's teachings can guide us through challenges in life. In doing so, he affirms the basic spirit of Humanistic

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Buddhism that centers on the conviction that the Dharma is of crucial pertinence to humanity. Humanistic Buddhism is a book that not only embodies this spirit, but also discusses how it can be infused in life. As a "blueprint" of sorts for conduct and

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ethics, it is a handy manual for guiding us, as well as a lucid exposition of some of the main tenets in Buddhism.

Through illuminating examples and references to Buddhist teachings, Venerable Master Hsing Yun provides insights into many facets of the human

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condition. He shows how emotions, ethics, family, society, government, and the environment are all areas for contemplation and cultivation. In short, what Humanistic Buddhism reminds us of is that Buddhism is part of life, not separate from it.



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A Contemporary Guide to Awakening  
An Insider's View of Buddhism and  
Christianity

My Buddhist Faith

Faith

Handing Down the Faith

Untying the Knots in Buddhism

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**The funny, provocative, and plain-spoken story of how the author went looking for the faith he had lost explores the different varieties of American Buddhism and tracks down and questions the Dalai Lama. Tour.**

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**First published in 1914, this is a fascinating investigation of the origins of Buddhism, drawing on a wealth of evidence relating to the life and teachings of the Buddha. First considering how the study of the Buddhist doctrine can be used to**

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**critique religious systems such as Christianity, Barthélemy Saint-Hilaire proceeds to discuss Buddhism at three different periods of its history: the life and legend of the Buddha as demonstrated within canonical works, Buddhism in India**

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**during the seventh century, and finally, Buddhism in Sri Lanka (formally 'Ceylon') at the start of the twentieth century. Principally a philosophical study surrounding the origins and principles of Buddhism, this reissue will be of particular**

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**value to students researching contemporary perceptions of the Buddhist faith.**

**My Buddhist Faith Evans Brothers**

**This book explores the reciprocity between Buddhist, Derridean, and Foucauldian understandings about**

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**ethics, subjectivity, and ontological contingency, to investigate the ethical and political potential of insight meditation practice. The book is narrated from the perspective of a postcolonial ‘Western Buddhist’ convert who,**

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**despite growing up in Singapore where Buddhism was a part of his disaporic 'Chinese' ancestral heritage, only embraced Buddhism when he migrated to Australia and discovered Western translations of Buddhist teachings. Through an**



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**autoethnography of the author's Buddhist-inspired pursuit of an academic profession, the book develops and professes a non-doctrinal understanding of faith that may be pertinent to 'believers' and 'non-believers' alike, inviting the**

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**academic reader in particular to consider the (unacknowledged) role of faith in supporting scholarly practice. Striking a careful balance between critical analysis and self-reflexive inquiry, the book performs in all senses of the word, a**

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**profession of faith.**

**Way of Life & Thought**

**The Incredible World of Nichiren  
Buddhism**

**Analects and Writings**

**Trusting Your Own Deepest  
Experience**

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## **Approaching the Buddhist Path The Middle Way**

**This book is a study of the formation and the practice of Buddhist canons and an attempt to present as fully as possible the panorama of**

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**Chinese Buddhist faith. The book uses textual and archaeological sources, including Dunhuang texts, and adopts multiple perspectives such as textual evidence, historical circumstances,**

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**social life, as well as the intellectual background at the time.**

**A popular American Buddhist teacher explores the creative relationship between faith and doubt, knowing and not-**

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**knowing, and shows how an awakened life results from living from the place in between. Faith is a thorny subject these days. Its negative expressions cause many to dismiss it out of hand--but**

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**Elizabeth Mattis Namgyel urges us to reconsider, for faith is really nothing but our natural proclivity to find certainty in a world where certainty is hard to come by. And if we look carefully, we'll**



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**discover that the faith impulse isn't separate from reason at all—faith and logic in fact work together in a playful and dynamic relationship that reveals the profoundest kind of truth—a truth beyond the**

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**limits of “is” and “is not.”  
Using the traditional Buddhist teachings on dependent arising, Elizabeth leads us on an experiential journey to discover the essential interdependence of**

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**everything--and through that thrilling discovery to open ourselves to the whole wonderful range of human experience. Buddhism is not a way of harmony and cosmic unity, as**

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**Westerners tend to think. Although Buddhism is a rapidly rising religion in the West, few Westerners know what Buddhism is like from the inside. Steve, who made the journey from Buddhism to**

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**Christ, explains the Buddhist mind-set and worldview, and makes useful points of comparison.**

**Explains the origins, development and basic principles of the religion**

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**followed by nearly one-quarter of the people on earth.**

**Why Buddhism? the Evil of Religion**

**Sources of Mongolian Buddhism**

**The New Buddhism**

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**The Good Heart**

**The Accidental Buddhist**

**The Dharma Master Chongsan  
of Won Buddhism**

The author of Feeling Buddha  
reinterprets Buddhism with an  
emphasis on the messages of social

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action and active engagement that are often overlooked by modern teachers and practitioners of the ancient philosophy. Reprint.

Yuranan, a fourteen-year-old boy who lives in Thailand, describes the beliefs that he follows as a Buddhist, including the history of the religion,



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how festivals are celebrated, and common customs and traditions.

A profound reflection on how complementary themes in Buddhism and Christianity could serve as the basis for a truly ecumenical faith • Compares Zen meditation with the Greek Orthodox practice of

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Hesychasm (prayer of the heart) • Shows how Buddha and Jesus represent the distinct yet complementary values of meditation and compassion In Asian spiritual traditions the mountain traditionally symbolizes meditation while the ocean signifies compassion. Jean-Yves

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Leloup uses this metaphor to compare Buddhist and Christian approaches to meditation and compassion to reveal the similarities and divergences of these profound practices.

Emphasizing their complementary nature, Leloup describes how Jesus and Buddha are necessary to one

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another and how together they form a complete system: Jesus as awakening through love, and Buddha as awakening through meditation. Where Buddha represents the forests, Jesus represents the trees. Buddha is brother to the universe, whereas Jesus is brother to humanity. Nevertheless,

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these two religious traditions have a profound common ground.

Compassion is central to Buddhism, and meditation practices have been central to many Christian traditions. Both view murder, theft, and the destructive use of sexuality as great barriers to realizing our essential

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being, and both agree on the need to rise above them. Here, however, Leloup suggests that both faiths could benefit from the precepts of the other. The complementary aspects of Christianity and Buddhism offer the possibility for a truly profound ecumenical religion whose interfaith

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relations are based on deep understanding of the true meaning and practice of meditation and compassion and not merely shared goodwill.

The Dalai Lama opens *The Middle Way* with an elegant argument for the power of compassion in cultivating a

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happy life. From there, he connects core ideas of Buddhist philosophy to the truths of our shared condition. His Holiness delivers a sparkingly clear teaching on how the Buddhist ideas of emptiness and interdependency relate to personal experience and bring a deeper understanding of the world



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around us. In down-to-earth style, this book sets forth a comprehensive explanation of the foundational teachings of the Mahayana tradition based on the works of two of Buddhism's most revered figures. Using Nagarjuna's Middle Way, the Dalai Lama explores Buddhist

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understandings of selflessness, dependent origination, and the causal processes that lock us in cycles of suffering. He grounds these heady philosophical discussions using Tsongkhapa's Three Principal Aspects of the Path, presenting a brief explanation of how to put ethical

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discipline, wisdom, and compassion into practice. Through these beautifully complementary teachings, His Holiness urges us to strive, "with an objective mind, endowed with a curious skepticism, to engage in careful analysis and seek the reasons behind our beliefs."

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Humanistic Buddhism

Living Buddha, Living Christ

The Foundation of Buddhist Practice

The Everything Buddhism Book

Myoe and the Mantra of Light

*A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but*

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*important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is*

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*available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every*

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*day on the path to spiritual enlightenment.*

*Nichiren Buddhism is a philosophy which was expounded by Nichiren Daishonin, nearly eight hundred years ago. This philosophy is based on the revelation that the Lotus Sutra is the most*

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*profound teaching of Shakyamuni Buddha and that each individual has the power to manifest their Buddha nature, which lies inherent within each of us. This book is a culmination of the profound effect that Nichiren Buddhism has had on the life of the author. His*



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*faith and belief and above all, proof of faith, has resulted in this easy to read introduction to the wonderful philosophy of Nichiren Daishonin. Nichiren Buddhism is easily identified and deeply rooted in today's world. Its teachings are effortless to grasp and understand and*

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*above all focuses on the creation of Value Addition in our lives.*

*Shingon Buddhism arose in the eighth century and remains one of Japan's most important sects, at present numbering some 12 million adherents. As such it is long overdue appropriate coverage.*

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*Here, the well-respected Mark Unno illuminates the tantric practice of the Mantra of Light, the most central of Shingon practices, complete with translations and an in-depth exploration of the scholar-monk Myoe Koben, the Mantra of Light's foremost proponent.*

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*This work supports the proposition that the eradication of religion will make us live as one, and there is only one way to remove religion and that is to remove the need for it. Armed only with reason, this work will prove that due to ignorance religion is just an invention to fill a need.*

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*This work has three segments. The first explores - from the point of view of a Christian-practicing Pagan - the process on how myth became reality. It will prove that God was invented, and re-invented perpetually, for necessity and convenience. It is that need that gave the*

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*bible its religious relevance. Understood with a naked mind, the bible is far from being just a religious document but a political one. This work explores why religion and politics cannot and will not separate. Hence, unavoidably, it dipped its hands into one painful political issue -*

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*the Israeli-Palestinian conflict. The second part elucidates that if the foundation is a myth it only follows that what was founded on it - Jesus - is a lie. It will give proof to the fact that the New Testament was manipulated to further vested interest. Understood with an*

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*unconditioned mind, that is, without the traditional spirituality attached to it, it will prove that Jesus is just selfishly scheming to regain his grandfather David's throne; it will also prove that Jesus is gay. The last part is my way of introducing Buddhism. It could shed light*



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*to what Western science is exiting themselves about. It answers why man will never find the Missing Link. It explains how and why advanced civilizations deteriorated to their present state. In our fight against virus causing disease we must explore all avenues to*

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*defeat it, Buddhism offers one.*

*Buddhism is not only about science, it is also about religion; it delves into the reality of a soul. Buddhism gives us reason on why we must discriminate on account of race, or for any other reason.*

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*Faith Grounded in Reason*

*A complete introduction to the history, traditions, and beliefs of Buddhism, past and present*

*How Parents Pass Their Religion on to the Next Generation*

*The Champion of the faith against*

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*current infidelity, ed. by J. McCann*

*A Blueprint for Life*

*Buddhism*

A new examination of how and why American religious parents seek to pass on religion to their children The most important

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influence shaping the religious and spiritual lives of children, youth, and teenagers is their parents. A myriad of studies show that the parents of American youth play the leading role in shaping the character of

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their religious and spiritual lives, even well after they leave home and often for the rest of their lives. We know a lot about the importance of parents in faith transmission. However we know much less about the actual

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beliefs, feelings, and activities of the parents themselves, what Christian Smith and Amy Adamczyk call the "intergenerational transmission of religious faith and practice." To address that gap, this book

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reports the findings of a new national study of religious parents in the United States. The findings and conclusions in *Handing Down the Faith* are based on 215 in-depth, personal interviews with religious



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parents from many traditions and different parts of the country, and sophisticated analyses of two nationally representative surveys of American parents about their religious parenting. Handing

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Down the Faith explores the background beliefs informing how and why religious parents seek to pass on religion to their children; examines how parenting styles interact with parent religiousness to shape

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effective religious transmission; shows how parents have been influenced by their experiences as children influenced by their own parents; reveals how religious parents view their congregations and what they

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most seek out in a local church, synagogue, temple, or mosque; explores the experiences and outlooks of immigrant parents including Latino Catholics, East Asian Buddhists, South Asian Muslims, and Indian Hindus.

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Smith and Adamczyk step back to consider how American religion has transformed over the last 100 years and to explain why parents today shoulder such a huge responsibility in transmitting

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religious faith and practice to their children. The book is rich in empirical evidence and unique in many of the topics it explores and explains, providing a variety of sometimes counterintuitive findings that will interest

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scholars of religion, social scientists interested in the family, parenting, and socialization; clergy and religious educators and leaders; and religious parents themselves.

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Set in a monastery in Korea, "Faith to Doubt" recounts the author's training in Zen and Tibetan Buddhism, and reflects on the challenges of bringing Buddhism to the West.

An excerpt from the



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TRANSLATOR'S

INTRODUCTION 1. One of the Great Books of the World This is the title of one of the most important books in the world. A Japanese scholar has translated it The Awakening of Faith. It

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might also be rendered The Mahayana Faith or The Faith of the New Buddhism. Its importance is apparent when we consider the fact that of the 26,000 Buddhist monks and nuns in Japan no less than

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17,000 of them belong to the Pure Land School and the True School, which regard this book as their fountain and origin. Its importance is still more apparent when we consider that its doctrines are the

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fundamental ones of the Mahayana Faith, which is by far the chief school of Buddhism, not only in Japan, but also in China, where are the great majority of the Buddhists of the world. If we estimate the value

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of books by the number of adherents to their doctrines, then, after the Bible, the Koran, the Confucian Classics, and the Vedas, this volume, about the size of the Gospel of Mark, ranks next, or fifth, among the

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sacred books of the world. The great value of the book is also apparent when we remember that the Eastern world had been driven to general despair by the atheistic doctrines of primitive Buddhism, called the Hinayana

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School, and that it was by the doctrines of this book, which gave rise to the Mahayana School of New Buddhism, that a gospel of great hope was preached to the greater part of the Eastern Asiatic continent.

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Its new doctrines were that of the One Soul immanent for good in all the universe, that of a Divine Helper of men, of individual immortality and growth in the likeness of God, of the importance of faith in God



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to produce good works and that of the willingness of the best spirits to make sacrifices to save others-the very subjects which in these modern days still occupy the attention of the most thoughtful men of the world.

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The book is Brahministic and Buddhistic, Indian and Western in some aspects of philosophic thought. It is profoundly philosophic, reminding one strongly of Hegel, Berkeley and G. Gore in the earlier part, and

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is as hard to understand as Bishop Butler's famous Analogy; yet very practical in the latter part, therefore it has great importance arising from its high and extensive range of view. If it be, as it is more and more

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believed that the Mahayana Faith is not Buddhism, properly so-called, but an Asiatic form of the same Gospel of our Lord and Saviour Jesus Christ, in Buddhistic nomenclature, differing from the old Buddhism

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just as the new Testament differs from the old, then it commands a world-wide interest, for in it we find an adaptation of Christianity to ancient thought in Asia, and the deepest bond of union between

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the different races of the East and the West, viz., the bond of a common religion. Both Christianity and the New Buddhism hold to the transcendent and the immanent forms of God; but the East

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emphasises more of the immanent form while the West emphasises more of the transcendent. The almost universal reception of the doctrines contained in this book by both the East and the West

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constitutes to my mind its highest claim to our attention; for thereby we are brought face to face with a solution of the stupendous practical problem of uniting all races in one bond of religious charity! 2. The



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Evolution and Devolution of Buddhism. The evolution of Buddhism is seen in the new Buddhism superseding the old, and the devolution in the attempt by later writers to combine the primitive with the

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advanced, an absurd anachronism and impossibility. This will be apparent from the study of the different schools of Buddhism. The most common division of Buddhism is that into the smaller (Hinayana), or

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Primitive Buddhism, and the greater (Mahayana) or Advanced Buddhism....

Rennyō Shōnin (1415-1499) is considered the 'second founder' of Shin Buddhism. This book deals with the major questions

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surrounding the phenomenal growth of Hongaji under Rennyō's leadership, such as the source of charisma, the soteriological implications of his thought against the background of other movements in Pure

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Land Buddhism, and more.  
Buddhism and Cultural Studies  
The Spiritual Dynamic between  
Buddhism and Christianity  
This Is My Faith Buddhism  
Index  
A Profession of Faith

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Mindfulness, Enlightenment, and Sitting Still

The Logic of Faith

In this beautifully written work, one of America's most beloved meditation teachers offers

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discerning wisdom on understanding faith as a healing quality. Through the teachings of Buddha and insight gained from her lifelong spiritual quest, Salzberg provides

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us with a road map for cultivating a feeling of peace that can be practiced by anyone of any tradition.

The second volume in the Dalai Lama's definitive



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and comprehensive series on the stages of the Buddhist path, The Library of Wisdom and Compassion. Volume 1, Approaching the Buddhist Path, contained introductory material that

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set the context for Buddhist practice. This second volume, *The Foundation of Buddhist Practice*, contains the important teachings that will help us establish a

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flourishing Dharma practice. The Foundation of Buddhist Practice begins with the four seals shared by all Buddhist philosophies, and moves on to an explanation of the

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reliable cognition that allows us to evaluate the veracity of the Buddha's teachings. The book provides many other essential Buddhist teachings, including: the

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relationship of a spiritual mentor and student, clarifying misunderstandings about this topic and showing how to properly rely on a spiritual mentor in a

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healthy, appropriate, and beneficial manner; how to structure a meditation session; dying and rebirth, unpacking the often difficult-to-understand topic of

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multiple lives and explaining how to prepare for death and aid someone who is dying; a fruitful explanation of karma and its results; and much more. His Holiness's

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illumination of key Buddhist ideas will support Western and contemporary Asian students in engaging with this rich tradition. This series introduces



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youngsters to the basic beliefs and rituals of the six main world religions. This work follows the life of a young girl as she practises her faith with her family. Sensitive

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questions about the religion are posed by other children, allowing for accurate and clear responses.

The first volume in a multi-volume collection

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presenting the Dalai Lama's comprehensive explanation of the Buddhist path. His Holiness the Dalai Lama has been publicly teaching Buddhism for decades. This

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series collects his presentations of every step of the path to enlightenment, compiled and coauthored by one of his chief Western disciples, the American

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nun Thubten Chodron. The Buddha wanted his students to investigate, to see for themselves whether what he said were true. As a student of the Buddha, the Dalai Lama promotes the

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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

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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

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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



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wish for happiness and presents the dynamic nature of the mind. This first volume also provides a wealth of reflections on Buddhist history and fundamentals, contemporary

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issues, and the Dalai Lama's own personal experiences. It stands alone as an introduction to Buddhism, but it also provides a foundation for the systematic

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illumination of the path in the volumes to come. The Library of Wisdom and Compassion collects the Dalai Lama's decades of presentations of every step of the path to

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enlightenment. It has been compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron.

Volume One: Guidance for the Modern Practitioner

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them in their historical context. This book then begins with Journey From India, which presents a brief explanation of the Indian worldview and cosmology followed by a discussion of the important differences between Hinduism and



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Buddhism. The Middle Way offers an insight into the radical methods of the Mahayana, or "great vehicle," and reviews the basic Buddhist terms and teaching, including the Four Noble Truths and the Eightfold Path. Alan Watts then turns his

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attention to Zen and Tibetan Buddhism in the remaining four chapters. In Religion of No-Religion he discusses how the Buddha taught the method of awakening through the experience of no-self, no-concept, and no-religion. This

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technique of short-circuiting the mind is seen today in the method of instruction centered upon Zen koans. In contrast to the intellectual methods of Zen, the Tibetan, or Vajrayana school, retained much more of the original Indian flavor of

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Mahayana Buddhism, and in *Wisdom of the Mountains* Watts provides an introduction to Tibetan Buddhism by explaining its unique practices. In the final chapter, *Transcending Duality*, Alan Watts explores the male and female

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symbolism of Tantric yoga and explores the unity of polar opposites as a form of resonance. The widespread influence of Buddhism is due in part to the skill with which a way of liberation was refined by it's teachers and became

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Kierkegaard said that faith without doubt is simply credulity, the will to believe too readily, especially without adequate evidence, and that "in Doubt can Faith begin." All people involved in spiritual practice, of whatever persuasion, must



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confront doubt at one time or another, and find a way beyond it to belief, however temporary. But "faith is not equivalent to mere belief. Faith is the condition of ultimate confidence that we have the capacity to follow the path of

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doubt to its end. And courage." In this engaging spiritual memoir, Stephen Batchelor describes his own training, first as a Tibetan Buddhist and then as a Zen practitioner, and his own direct struggles along his path. "It is most

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uncanny that we are able to ask questions, for to question means to acknowledge that we do not know something. But it is more than an acknowledgement: it includes a yearning to confront an unknown and illuminate it through

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understanding. Questioning is a quest." Batchelor is a contemporary Buddhist teacher and writer, best known for his secular or agnostic approach to Buddhism. He considers Buddhism to be a constantly evolving culture of

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awakening rather than a religious system based on immutable dogmas and beliefs. Buddhism has survived for the past 2,500 years because of its capacity to reinvent itself in accord with the needs of the different Asian societies with which

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it has creatively interacted throughout its history. As Buddhism encounters modernity, it enters a vital new phase of its development. Through his writings, translations and teaching, Stephen engages in a critical exploration of Buddhism's

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role in the modern world, which has earned him both condemnation as a heretic and praise as a reformer. An approachable book about Buddhism designed to help young children understand differences between religions and how it

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he explores the crossroads of compassion and holiness at which the two traditions meet, and he reawakens our understanding of both. "On the altar in my

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**hermitage," he says, "are images of Buddha and Jesus, and I touch both of them as my spiritual ancestors."**

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