Exploring Buddhism

by Christmas Humphreys

Tricycle’s Guide to Exploring Buddhist New York City 6 Jul 2017. Today, people who want to explore Buddhism have many resources at their disposal. For the first time in history, all the schools and traditions of Buddhism have been brought together in a single resource. Exploring Buddhism offers a comprehensive overview of the major schools of Buddhism, including Theravada, Mahayana, Vajrayana, and the Five Great Schools of Esoteric Buddhism. It covers the fundamentals of Buddhist philosophy, meditation, and practice, as well as the history and development of Buddhism in various cultures.

The book is divided into three main sections: Introduction, Teachings, and Practice. The Introduction section provides an overview of the history and development of Buddhism, as well as an introduction to the basic concepts and principles of Buddhism. The Teachings section covers the major teachings of Buddhism, including the Four Noble Truths, the Eightfold Path, and the Three Jewels. The Practice section offers practical guidance on how to develop a personal practice of meditation and contemplation.

Exploring Buddhism is highly regarded for its clear and accessible language, as well as its comprehensive coverage of the subject. It is an excellent resource for anyone looking to explore the rich and diverse traditions of Buddhism.

Exploring Buddhism has 6 ratings and 0 reviews. A scholarly but understandable overview of the three main schools of Buddhism: Theravada, Mahayana, and Vajrayana. A summary of the core teachings of the Buddha and the development of Buddhism over time. The book is well-organized and easy to follow, making it accessible to readers of all levels of experience. Exploring Buddhism is a comprehensive resource for anyone interested in exploring the world of Buddhism.
Buddha’s teaching that beings have no soul,