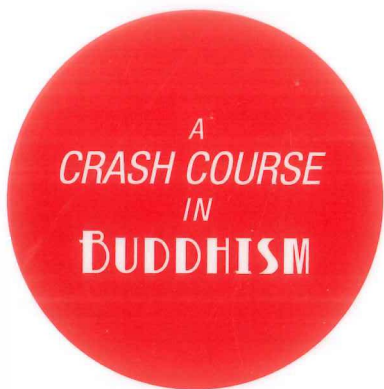


THE BUDDHA TAUGHT MINDFULNESS, KINDNESS, AND COMPASSION. BUDDHISM, THE FAMILY OF RELIGIONS THAT EVOLVED FROM THE BUDDHA'S TEACHINGS, IS ONE OF THE GREAT ETHICAL SYSTEMS FOR THE BENEFIT OF HUMANITY.



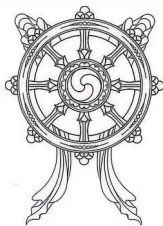
THE BUDDHA EMBARKED ON AN ADVENTURE TO DISCOVER HIS TRUE NATURE AND THE TRUE NATURE OF THE WORLD.

# BUDDHISM 101

FROM **KARMA** TO THE **FOUR NOBLE TRUTHS**, YOUR GUIDE TO UNDERSTANDING THE PRINCIPLES OF BUDDHISM



**ARHAT** MEANS "WORTHY ONE" IN SANSKRIT. AN ARHAT IS ONE WHO HAS ATTAINED AN ENLIGHTENED MIND AND IS FREE OF DESIRES AND CRAVINGS.



**BUDDHA** MEANS "THE AWAKENED ONE"; HE IS ALSO KNOWN AS "THE ENLIGHTENED ONE." FOR THE BUDDHA JEWEL, YOU TAKE REFUGE IN YOUR OWN POTENTIAL TO AWAKEN.

ARNIE KOZAK, PHD

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# BUDDHISM 101

FROM KARMA TO THE FOUR NOBLE TRUTHS, YOUR GUIDE TO UNDERSTANDING THE PRINCIPLES OF BUDDHISM

ARNIE KOZAK, PHD



Adams Media  
New York London Toronto Sydney New Delhi

# CONTENTS

## INTRODUCTION 7

WHAT IS BUDDHISM? . . . . .	9
THE AXIAL AGE . . . . .	13
BUDDHA, DHARMA, AND SANGHA . . . . .	15
THE BUDDHA . . . . .	18
THE DHARMA . . . . .	20
THE SANGHA . . . . .	22
UPAYA . . . . .	27
SIDDHARTHA GOTAMA . . . . .	29
THE MIDDLE WAY . . . . .	37
THE FOUR NOBLE TRUTHS . . . . .	42
THE TRUTH OF DUKKHA . . . . .	45
THE TRUTH OF THE CAUSE OF DUKKHA . . . . .	51
THE TRUTH OF THE CESSATION OF DUKKHA . . . . .	54
THE TRUTH OF THE PATH THAT LEADS TO THE CESSATION OF DUKKHA . . . . .	56
RIGHT VIEW, RIGHT RESOLVE . . . . .	60
RIGHT SPEECH, RIGHT ACTION, RIGHT LIVELIHOOD . . . . .	65
RIGHT EFFORT, RIGHT MINDFULNESS, RIGHT CONCENTRATION . . . . .	69
THE FIVE PRECEPTS . . . . .	73
DO NOT DESTROY LIFE . . . . .	75
DO NOT STEAL OR COMMIT SEXUAL MISCONDUCT . . . . .	77
DO NOT LIE OR BECOME INTOXICATED . . . . .	80
FIVE HINDRANCES TO SPIRITUAL PROGRESS . . . . .	83

THE FOUR IMMEASURABLES . . . . .	85
KARMA . . . . .	88
THE BUDDHIST CONCEPT OF REBIRTH . . . . .	94
THE BUDDHIST COSMOS . . . . .	96
THE REALMS . . . . .	97
DEPENDENT ORIGINATION . . . . .	104
BODHISATTVAS . . . . .	106
BUDDHISM AFTER BUDDHA . . . . .	108
THE COUNCILS . . . . .	113
EARLY BUDDHISM . . . . .	119
THERAVADA AND MAHAYANA . . . . .	123
THE SPREAD OF BUDDHISM . . . . .	128
FARTHER EAST . . . . .	135
VAJRAYANA . . . . .	138
THE SIX TRADITIONS . . . . .	142
THE DALAI LAMA . . . . .	149
CHINESE BUDDHISM . . . . .	153
JAPAN . . . . .	157
ZEN BUDDHISM . . . . .	161
ZAZEN . . . . .	165
ZEN EATING . . . . .	172
TEA CEREMONIES . . . . .	175
WHY MEDITATE? . . . . .	180
SHAMATHA AND VIPASSANA . . . . .	186
CHANTING, VISUALIZATION, AND WALKING . . . . .	192
PILGRIMAGE . . . . .	195
GROWING UP BUDDHIST . . . . .	199
WOMEN IN BUDDHISM . . . . .	201
BUDDHIST ART . . . . .	204
CREATING HAIKUS AND CALLIGRAPHY . . . . .	212

BUDDHIST EDUCATION . . . . .	216
BUDDHISM IN THE WEST . . . . .	218
SECULAR BUDDHISM . . . . .	221
MINDFULNESS IN ALL THINGS . . . . .	224
MINDFUL YOGA . . . . .	230
BUDDHISTS AS ACTIVISTS . . . . .	231
BUDDHISM IN DAILY LIFE . . . . .	238
SPIRITUAL MATERIALISM . . . . .	245
DIVING IN . . . . .	248
BEING FULLY ENGAGED . . . . .	251

INDEX 253