

Seeking Religion The Buddhist Experience

Foundation Edition

Buddhist philosophy and the practice of meditation. It comprises all the philosophical investigations and systems of rational inquiry that developed among various schools of Buddhism in ancient India following the parinirvāṇa of Gautama Buddha (c. 5th century BCE), as well as the further developments which followed the spread of Buddhism throughout Asia. The Buddhist religion presents a multitude of Buddhist paths to liberation; and with the expansion of early Buddhism from Buddhist philosophy is the ancient Indian philosophical system that developed within the religio-philosophical tradition of Buddhism 7b6f8f0428

Myth has always... 7b6f8f0428 Pre-sectarian Buddhism was based on empirical evidence gained by the sense organs (including the mind), and the Buddha seems to have retained a skeptical distance from certain metaphysical questions, refusing to answer them because they were not conducive to... 7b6f8f0428 The early Buddhist texts show that the historical Buddha was familiar with certain rules of reasoning used for debating purposes and made use of these against his opponents. He also seems to have held certain ideas about epistemology and reasoning, though he did not put forth a logico-epistemological system. 7b6f8f0428

Buddhism in the United States Buddhism was first established in the country through Asian immigrant communities in the 19th century, especially Chinese and Japanese immigrants, and later expanded through additional immigration from Buddhist-majority countries in East, Southeast, and South Asia. Since the late 19th and 20th centuries, Buddhism has also attracted non-Asian American converts and practitioners through interest in meditation, philosophy, Zen, Tibetan Buddhism, Theravada, and other traditions. Buddhism in the United States refers to the diverse Buddhist communities, traditions, and practices found in the United States. Buddhism was first established Buddhism in the United States refers to the diverse Buddhist communities, traditions, and practices found in the United States 7b6f8f0428

Philosophy of religion Philosophical discussions on such topics date from ancient times, and appear in the earliest known texts concerning philosophy. The philosophy of religion also differs from religious studies Philosophy of religion is "the philosophical examination of the central themes and concepts involved in religious traditions". The field involves many other branches of philosophy, including metaphysics, epistemology, logic, ethics, aesthetics, philosophy of language, and philosophy of science. reality, and mystical or religious experiences) independently of a particular religious tradition 7b6f8f0428

Sīla is the wholehearted commitment to what is wholesome that grows with experience of practice. In contrast to the English word "morality" (i.e., obedience, a sense of obligation, and external constraint), Sīla is a resolve to connect with what is believed to be our innate ethical

compass. It is an intentional ethical behaviour that is refined and clarified through walking the path toward liberation... 7b6f8f0428

Buddhism and psychology Buddhist psychology has two therapeutic goals: the healthy and virtuous life of a householder (samacariya, "harmonious living") and the ultimate goal of nirvana, the total cessation of dissatisfaction and suffering (dukkha). Buddhist psychology is embedded within the greater Buddhist ethical and philosophical system, and its psychological terminology is colored by ethical overtones. kensho) the potential for transformation, healing and finding Buddhism includes an analysis of human psychology, emotion, cognition, behavior and motivation along with therapeutic practices. g. Psychotherapists such as Erich Fromm have found in Buddhist enlightenment experiences (e 7b6f8f0428

Buddhist ethics Buddhist ethics are traditionally based around the enlightened perspective of the Buddha. It has been variously described as virtue, moral discipline uprightness and precept, skillful conduct. In Buddhism, ethics or morality are understood by the term *śīla* Buddhist ethics are traditionally based around the enlightened perspective of the Buddha. *Śīla* is one of three sections of the Noble Eightfold Path. It is a code of conduct that emulates a natural inborn nature that embraces a commitment to harmony, equanimity, and self-regulation, primarily motivated by nonviolence or freedom from causing harm. *Śīla* is one of the three practices foundational to Buddhism and the non-sectarian Vipassana movement; *śīla*, *samādhi*, and *paññā*. In Buddhism, ethics or morality are understood by the term *śīla* (Sanskrit: शील) or *śīla* (Pāli). It is also the second *pāramitā* in Mahayana Buddhism. It is included within the Theravadin foundations of *śīla*, *dāna*, and *bhavana* 7b6f8f0428

Buddhism combines both philosophical reasoning and the practice of meditation. The Buddhist religion presents a multitude of Buddhist paths to liberation; and with the expansion of early Buddhism from ancient India to Sri Lanka and subsequently to East Asia and Southeast Asia, Buddhist thinkers have covered topics as varied as cosmology, ethics, epistemology, logic, metaphysics, ontology, phenomenology, the philosophy of mind, the philosophy of time, and soteriology in their analysis of these paths. 7b6f8f0428 Buddhism and the modern discipline of psychology have multiple parallels and points of overlap. This includes a descriptive phenomenology of mental states, emotions and behaviors as well as theories of perception and unconscious mental factors. Psychotherapists such as Erich Fromm have found in Buddhist enlightenment experiences (e.g. kensho) the potential for transformation, healing and finding existential meaning. Some contemporary mental-health practitioners such as Jon Kabat-Zinn find ancient Buddhist practices (such as the development of mindfulness) of empirically therapeutic value, while Buddhist teachers such as Jack Kornfield see Western psychology as providing complementary... 7b6f8f0428 The Theravada *Kathāvatthu* contains some rules on debate and reasoning. The first Buddhist thinker to discuss logical and epistemic issues systematically was Vasubandhu in his *Vāda-vidhi* (A Method for Argumentation). A mature system of Buddhist logic and epistemology was founded by the Buddhist scholar Dignāga (c. 480–540 CE) in his... 7b6f8f0428 American Buddhism includes immigrant and heritage Buddhist communities, convert Buddhist communities, and organizations with origins in Asia that actively expanded in the United States. Major traditions represented in the country include Japanese Pure Land, Nichiren, Zen,

Tibetan Buddhism, Theravada, Chinese Buddhism, Korean Seon, Vietnamese Thiền. Scholars have noted that these categories can overlap and that Buddhist identity in the United States is complicated: some people identify culturally or religiously as Buddhist, while others participate in meditation or Buddhist communities without... While the term may refer to various Buddhist systems and views on reasoning and epistemology, it is most often used to refer to the work of the "Epistemological school" (Sanskrit: *Pramāṇa-vāda*), i.e., the school of Dignaga and Dharmakirti which developed from the 5th through 7th centuries and remained the main system of Buddhist reasoning until the decline of Buddhism in India.

Buddhist logico-epistemology 228. "Reason and Experience in Buddhist Epistemology". 129 Coseru, Christian (2013). In Emmanuel, Steven Buddhist logico-epistemology is a term used in Western scholarship to describe Buddhist systems of *pramāṇa* (epistemic tool, valid cognition) and *hetu-vidya* (reasoning, logic). Poussin; Bouddhisme, Third Edition, Paris, 1925, p

The philosophy of religion differs from religious philosophy in that it seeks to discuss questions regarding the nature of religion as a whole, rather than examining the problems brought forth by a particular belief-system. The philosophy of religion differs from theology in that it critically evaluates the logical coherence and truth of fundamental religious concepts (such as God, souls, miracles, revelation, transcendence, ultimate reality, and mystical or religious experiences) independently of a particular religious tradition. The philosophy of religion also differs from religious studies in that its examination of religion is not limited to historical or sociological perspectives. It can be carried out dispassionately by those who identify as believers or non-believers... == Pre-modern persecutions of Buddhism ==

Buddhist meditation The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental development") and *jhāna/dhyāna* (a state of meditative absorption resulting in a calm and luminous mind). The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental Buddhist meditation is the practice of meditation in Buddhism. Buddhist meditation is the practice of meditation in Buddhism

Buddhist mythology Since these are regarded as episodes in the life of the Buddha, they are treated here as "myth", rather than distinguishing between myth, legend, and folk-tale. The Buddhist traditions have created and maintained a vast body of mythological literature. The chief motif of this story, and the most distinctive feature of Buddhist myth, is the Buddha's renunciation: leaving his home and family for a spiritual quest. These include the popular *Jātakas*, folk tales or legends believed to be past lives of Gautama Buddha. The central myth of Buddhism revolves around the purported The Buddhist traditions have created and maintained a vast body of mythological literature. Alongside this central myth, the traditions contain large numbers of smaller stories, which are usually supposed to convey an ethical or Buddhist teaching. This is told in relatively realistic terms in the earliest texts, and was soon elaborated into a complex literary mythology. The central myth of Buddhism revolves around the purported events of the life of the Buddha

Buddhist mythology is maintained in texts, but these have always existed alongside oral traditions of storytelling, as well as creative retellings of myths as drama or artworks. This creative mythology continues to this day, and includes film, television, and musical adaptations of Buddhist myths. 7b6f8f0428

Persecution of Buddhists 337. Templeton Foundation Press. The term also may be used in reference to the confiscation or destruction of property, temples, monasteries, centers of learning, meditation centers, historical sites, or the incitement of hatred towards Buddhists. p. ISBN 978-1-59947-136-5 Many adherents of Buddhism have experienced religious persecution because of their adherence to the Buddhist practice, including unwarranted arrests, imprisonment, beating, torture, and/or execution. Religious Tolerance in World Religions. Policy of Intolerance: The Case of Sinhala Buddhist Nationalism" 7b6f8f0428

== Buddhist ethics == 7b6f8f0428

Ethics in religion According to traditional Buddhism, the foundation of Buddhist ethics for laypeople is the Pancasila: Ethics involves systematizing, defending, and recommending concepts of right and wrong behavior. Buddhist societies reveals the nature of Buddhist ethics. A central aspect of ethics is "the good life", the life worth living or life that is simply satisfying, which is held by many philosophers to be more important than traditional moral conduct 7b6f8f0428

Buddhists pursue meditation as part of the path toward liberation from defilements (kleshas) and clinging and craving (upādāna), also called awakening, which results in the attainment of nirvana. The Indian Buddhist schools relied on numerous meditation techniques to attain meditative absorption, some of which remain influential in certain modern schools of Buddhism. Classic Buddhist meditations include anapanasati (mindfulness of breathing), asubha bhavana ("reflections on repulsiveness"); reflection on pratityasamutpada (dependent origination); anussati (recollections, including anapanasati), the four foundations of mindfulness, and the divine abodes (including loving-kindness and compassion). These techniques aim to develop various qualities including equanimity, sati (mindfulness), samadhi (unification of mind) c.q. samatha (tranquility) and vipassanā (insight); and are also said to lead to abhijñā (supramundane powers). These... 7b6f8f0428 Most religions have an ethical component, often derived from purported supernatural revelation or guidance. Some assert that religion is necessary to live ethically. Simon Blackburn states that there are those who "would say that we can only flourish under the umbrella of a strong social order, cemented by common adherence to a particular religious tradition". 7b6f8f0428

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