# WHAT IS BUDDHIST RELIGION



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## **Buddhism Wikipedia**

Vajrayana, a body of teachings attributed to Indian adepts, may be viewed as a separate branch or as an aspect of Mahayana Buddhism. Tibetan Buddhism, which preserves the Vajrayana teachings of eighth century India, is practiced in the countries of the Himalayan region, Mongolia, and Kalmykia.

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#### What is Buddhism The Buddhist Centre

The Buddhist Centre: buddhism for today. Buddhism is a path of practice and spiritual development leading to Insight into the true nature of reality. Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom. The experience developed within the Buddhist tradition

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### A Basic Buddhism Guide 5 Minute Introduction

Buddhism is a religion to about 300 million people around the world. The word comes from 'budhi', 'to awaken'. It has its origins about 2,500 years ago when Siddhartha Gotama, known as the Buddha, was himself awakened (enlightened) at the age of 35.

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## **Buddhism ReligionFacts**

Buddhism Buddhism fast facts and introduction. Buddhism began in India 2,500 years ago and remains the dominant world religion in the East. There are over 360 million followers of Buddhism worldwide and over a million American Buddhists today. Buddhist concepts have also been influential on western culture in general, particularly in the areas of meditation and nonviolence.

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## **Buddhism Foundations History Systems Mythology**

Buddhism, religion and philosophy that developed from the teachings of the Buddha (Sanskrit: Awakened One ), a teacher who lived in northern India between the mid-6th and mid-4th centuries bce (before the Common Era). http://ebookslibrary.club/download/Buddhism-Foundations--History--Systems--Mythology--.pdf

### **Introduction to Basic Beliefs and Tenets of Buddhism**

Diverse Schools of Buddhism. For centuries, Theravada has been the dominant form of Buddhism in Sri Lanka, Thailand, Cambodia, Burma, (Myanmar) and Laos. Mahayana is dominant in China, Japan, Taiwan, Tibet, Nepal, Mongolia, Korea, and Vietnam. In recent years, Mahayana also has gained many followers in India. http://ebookslibrary.club/download/Introduction-to-Basic-Beliefs-and-Tenets-of-Buddhism.pdf

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