

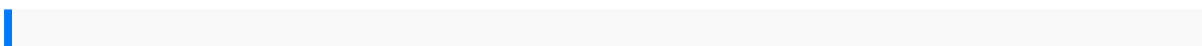
An introduction to buddhism teachings history and practices peter harvey

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What is the introduction to Buddhism by Peter Harvey about? An Introduction to Buddhism Teachings, History and Practices Harvey critiques and corrects some common misconceptions and mistranslations, and discusses key concepts that have often been over-simplified and over-generalised.

What was the main message of Buddhism? Nirvana. The goal of Buddhism is to become enlightened and reach nirvana. Nirvana is believed to be attainable only with the elimination of all greed, hatred, and ignorance within a person. Nirvana signifies the end of the cycle of death and rebirth.

What is the simple message that is the basis of Buddhism? Buddhists believe that human life is a cycle of suffering and rebirth, but that if one achieves a state of enlightenment (nirvana), it is possible to escape this cycle forever. Siddhartha Gautama was the first person to reach this state of enlightenment and is still known today as the Buddha.



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