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The Five Precepts (for lay Buddhists) Extract from the Brahmajala Sutta; The Buddha's Last Words; Saddhamma (Essential and Specific items of Buddhist Doctrine); APPENDIX A Buddha Yoga, Buddhist Mental Culture; Brahma Viharas: Sublime States of Mind; Satipatthana: Application of Mindfulness; Jhana: Absorption; Subjects for Contemplation; APPENDIX B The Pali Alphabet; APPENDIX C Pali Commentarial Literature; APPENDIX D Index of Suttas, etc; BIBLIOGRAPHY; INDEX; LIST OF ABBREVIATIONS

Sommario/riassunto

This study, originally published in 1959, traces the origin of Buddhism in Brahmanism, and fixes its relationship to Hinduism, describing and stressing the basic importance of Buddhist contemplation. The first half of the book introduces the very heart of Buddhism, while the second part presents the Teaching itself, as handed down in the canonical writings of the ancient East.
