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| 1. Record Nr. | UNINA9910971261803321 |
| Autore | Humphreys Christmas <1901-1983.> |
| Titolo | Exploring Buddhism // Christmas Humphreys |
| Pubbl/distr/stampa | London, : Routledge, 2012 London : , : Routledge, , 2012 |
| ISBN | 1-136-22877-2 0-203-09940-0 1-283-84560-1 1-136-22878-0 |
| Edizione | [1st ed.] |
| Descrizione fisica | 1 online resource (187 p.) |
| Collana | Routledge revivals |
| Disciplina | 294.3 |
| Soggetti | Buddhism |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Includes index. |
| Nota di contenuto | Cover; Exploring Buddhism; Title Page; Copyright Page; Table of Contents; Acknowledgements; Introduction; THE BUDDHA AND HIS ENLIGHTENMENT; 1 The Buddha's Enlightenment; The Purpose of Affray; 2 Buddhism and the Esoteric Tradition; 3 The Two Concentric Circles of Buddhism in Tibet; 4 Self and No-self; BUDDHIST DOCTRINES; 5 Central Themes of Buddhism; 6 The Precipice and the Mountain; 7 The Buddhist Concept of Dharma; When One is Two; 8 Karma and Rebirth; When I am Dead; 9 The Head and the Heart; Beauty; 10 The Arhat and the Bodhisattva Ideal; 11 Absolutely Relative; Cease from Running 12 A Beginner's Guide to Zen13 Soto Zen; BUDDHISM COMES WEST; 14 Buddhism comes West; Search; 15 Why Buddhism?; 16 Zen comes West; ON DOING BUDDHISM; 17 On Doing Buddhism; 18 Buddhism in Daily Life; 19 Should Buddhists Meditate?; 20 Concentration and Meditation; Empty the Mind; Glossary; Index |
| Sommario/riassunto | The Buddhist field of knowledge is now so vast that few can master all of it, and the study and application of its principles must be a matter of choice. One may choose the magnificent moral philosophy of Theravada, the oldest school, or the Zen training of Japan; or special themes such as the doctrine of No-self, the Mahayana emphasis on |

compassion or the universal law of Karma and Rebirth. But the intense self-discipline needed for true spiritual experience calls for specialization of subject and technique. In this reissue, first published in 1974, Christmas Humphreys takes us on a
