

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

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