

Buddhism 101

THE BUDDHA TAUGHT MINDFULNESS, KINDNESS, AND COMPASSION. BUDDHISM, THE FAMILY OF RELIGIONS THAT EVOLVED FROM THE BUDDHA'S TEACHINGS, IS ONE OF THE GREAT ETHICAL SYSTEMS FOR THE BENEFIT OF HUMANITY.



A
**CRASH COURSE
IN
BUDDHISM**



THE BUDDHA EMBARKED ON AN ADVENTURE TO DISCOVER HIS TRUE NATURE AND THE TRUE NATURE OF THE WORLD.

BUDDHISM 101

FROM KARMA TO THE FOUR NOBLE TRUTHS, YOUR GUIDE TO UNDERSTANDING THE PRINCIPLES OF BUDDHISM



ARHAT MEANS "WORTHY ONE" IN SANSKRIT. AN ARHAT IS ONE WHO HAS ATTAINED AN ENLIGHTENED MIND AND IS FREE OF DESIRES AND CRAVINGS.



BUDDHA MEANS "THE AWAKENED ONE"; HE IS ALSO KNOWN AS "THE ENLIGHTENED ONE." FOR THE BUDDHA JEWEL, YOU TAKE REFUGE IN YOUR OWN POTENTIAL TO AWAKEN.

ARNIE KOZAK, PHD

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