



Buddhism: Introducing the Buddhist Experience

Donald W. Mitchell

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Buddhism: Introducing the Buddhist Experience Donald W. Mitchell

Buddhism: Introducing the Buddhist Experience focuses on the depth of Buddhist experience as expressed in the teachings and practices of a wide array of its religious and philosophical traditions. Taking a broad and inclusive approach, this unique work spans over 2,500 years, featuring chapters on Buddhism's origins in India; Therav=ada and Mahayana Buddhism; and Buddhism in Southeast Asia, Tibet, China, Korea, and Japan. It also includes an extensive discussion of modern, socially engaged Buddhism and a concluding chapter on the spread of Buddhism to the West. Mitchell provides substantial selections of primary text material throughout that illustrate a great variety of moral, psychological, meditative, and spiritual Buddhist experiences.

Buddhism features twenty-two boxed personal narratives provided by respected Buddhist leaders and scholars from around the world, including His Holiness the Dalai Lama, Dharma Master Sheng Yen, Dharma Master Cheng Yen, Jeffrey Hopkins, Sulak Sivaraksa, Rita M. Gross, Chatsumarn Kabilsingh, and Robert Aitken. These concise and intriguing essays give students a glimpse into what the topics discussed in the book actually mean in terms of human experience today. Ideal for courses in Buddhism, Asian religions, and Asian philosophy, *Buddhism* also incorporates helpful maps, numerous illustrations, a glossary, and suggestions for further reading.

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