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### The Essence Of Buddhism An

Whereas Hinduism asserts the existence of the atman, or primordial soul, Buddhism refers to the anatman, or in the illusion of the ego-self as it occurs from the formation mental precepts and concepts. The truth as we sit in meditation and become nearer to a state of samadhi is the Buddha-nature, in the abode of purity, light and selflessness.

### The Essence of Buddhism: An Introduction to Its Philosophy ...

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### The Essence of Buddhism: An Introduction to Its Philosophy ...

Essence is perceiving the world through the lens of the universe — through its vastness, emptiness, remoteness. Essence is the barrier at which all human realities cease to matter. "In the context of Buddhism, if you look at things in the perspective of the universe, there is nothing we can call good or bad.

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### What is the essence of Buddhism in one sentence? - Quora

In Buddhism, sentient beings are beings with consciousness, sentience, or in some contexts life itself. Sentient beings are composed of the five aggregates, or skandhas: matter, sensation, perception, mental formations and consciousness.In the Samyutta Nikaya, the Buddha is recorded as saying that "just as the word 'chariot' exists on the basis of the aggregation of parts, even so the concept ...

### Sentient beings (Buddhism) - Wikipedia

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### The Essence of Buddhism by David Tuffley

of Buddhism as a religious or philosophical system. The aim has rather been to turn Buddhism to account as a moral force by bringing together a selection of its beautiful sentiments, and lofty maxims, and particularly including some of those which inculcate mercy to the

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### Essence of Buddhism - Lotus Happiness

The primary tool for achieving this is meditation, and The Essence of Buddhism serves as a handbook for the various meditative approaches of Buddhist practice. Beginning with the Four Noble Truths, Traleg Rinpoche incorporates the expansive vision of the bodhisattva path and the transformative vision of Tantra. The final chapters present the ...

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