

# Buddhism for Beginners

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This user's guide to Buddhist basics takes the most commonly asked questions-beginning with "What is the essence of the Buddha's teachings?"-and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction-as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as:

- ❓ What is the goal of the Buddhist path?
- ❓ What is karma?
- ❓ If all phenomena are empty, does that mean nothing exists?
- ❓ How can we deal with fear?
- ❓ How do I establish a regular meditation practice?
- ❓ What are the qualities I should look for in a teacher?
- ❓ What is Buddha-nature?
- ❓ Why can't we remember our past lives?

Venerable Thubten Chodron has been a Buddhist nun since 1977 and has studied and practiced Buddhism under the guidance of His Holiness the Dalai Lama, Tsenzhab Serkong Rinpoche, Lama Zopa Rinpoche and other Tibetan masters. She is the founder and abbess of Sravasti Abbey (sravasti.org), a Buddhist monastic community in Washington State, USA.

Ven. Chodron emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them to contemporary readers. She is well-known for her warm, humorous, and lucid teachings. Active in interfaith dialogue, she also does Dharma outreach in prisons and teaches worldwide. Visit [thubtenchodron.org](http://thubtenchodron.org) to access archives of her extensive teachings, and [youtube.com/user/sravastiabbey](https://youtube.com/user/sravastiabbey) for daily Dharma talks.

"Venerable Thubten Chodron is someone whose life embodies the virtues of kindness, simplicity and clarity of vision, which lie at the heart of the Buddha's teaching. It is these perennial qualities that shine through her writings and touch the hearts of many readers all over the world." - Thupten Jinpa, author and translator for the Dalai Lama  
"This book is written for people wanting to understand basic Buddhist principles and how to integrate them into their lives. . . . It will be of much benefit to its readers."-H.H. the Dalai Lama

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development. . . . A tremendous resource for those interested in Buddhist practice."-Karma Lekshe Tsomo, president of Sakyadhita International Association of Buddhist Women

"Chodron's plain English makes her beginner's guide nearly perfect for those new to Buddhism and those who simply want to learn more."-Booklist

"A very compassionate book. Her approach is nonsectarian and emphasizes the basic unity found within Buddhism."-Ryo Imamura, Jodo Shin priest and professor of psychology at Evergreen State College

"Her lucid, correct, clear, and convincing manner is highly commendable."-Ven. Dr. Havanpola Ratanasara, College of Buddhist Studies, Los Angeles

"Ven. Thubten Chodron is especially skilled in presenting Buddhist philosophy and practices in ways that are easily accessible and practical for Buddhists who live in the Western world."-Ven. Hung I Shih, abbot of Jade Buddha Temple in Houston

"This is the perfect gift for family and friends who wish to understand one's engagement with Buddhism. Thubten Chodron combines several decades of traditional training in Tibetan Buddhism with western psychotherapeutic relevance. . . . That quality of integration is where the Venerable Thubten Chodron is such a powerful writer and teacher."-Branches of Light

"Here is an excellent introduction to Buddhism. Most importantly, it offers good advice for anyone who wants to lead a more sane balanced and compassionate life."-Bodhi Tree Book Review

#### Other Books

Buddhism For Dummies, Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world's most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You'll gain an understanding of the origins of this ancient practice and how they're currently applied to everyday life. Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion. Buddhism For Dummies (9781119643265) was previously published as Buddhism For Dummies (9781118023792). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

❓ ❓ ❓ ❓ ❓ . Since it first appeared in 1879, this poetic version of the Buddha's story has been an international favorite. Old Path White Clouds : Walking in the Footsteps of the Buddha , by Thich Nhat Hanh (Parallax Press)."