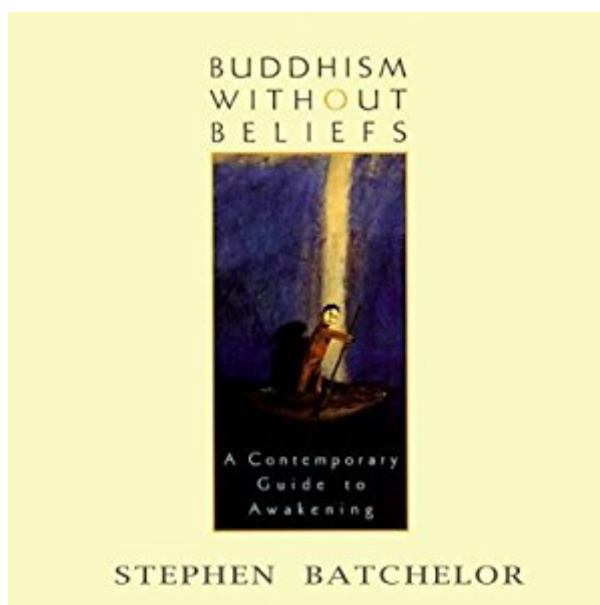


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# Buddhism Without Beliefs



## Synopsis

Demystifying the tenets of Buddhism, this introduction to the Buddhist religion explains, without jargon or obscure terminology, the essential elements of its teachings, presents ways to work toward awakening, and examines Buddhism's relevance in Western culture.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 21 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: August 13, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00EF5EW6Y

Best Sellers Rank: #40 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #95 in Books > Audible Audiobooks > Nonfiction > Philosophy #249 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

## Customer Reviews

Originating in Northern India some twenty five hundred years ago, the teachings of the historical Buddha Sakyamuni have spread across many countries: south to Sri Lanka, south and west to Burma, Thailand, and Vietnam, across the Himalayas to Tibet and China, and West to Korea and Japan. In each case, the country has been changed by the teachings, and the form of the teachings has been changed by the country, by the particular circumstances, the history and temperament of the people. As the historian Arnold Toynbee wrote, "The coming of Buddhism to the West may well prove to be the most important event of the twentieth century." This book is not an introduction to Buddhism, a Buddhism 101. If you're looking for an overview of the beliefs and practices of Buddhists, there are many more appropriate texts available. My personal recommendation would be Lama Surya Das' *Awakening the Buddha Within : Tibetan Wisdom for the Western World*. In contrast, the book under discussion is a provocative attempt to reinterpret and (re)introduce the core of the Buddhist teachings to the west, in a form easily understood and assimilated by the western student. Just as Christ wasn't a Christian, the Buddha Sakayamuni was not a Buddhist: he was a teacher, a spiritual friend. His teachings have been filtered through thousands of years of history and

individual cultural circumstances. This is one more take. The book resonates strongly with me. Perhaps it will with you, too.

I am very glad I found this book. I am a new Buddhist having recently come out of Christianity. The reason I left Christianity is because of the mythology and ignorance that pervades the churches. I was very happy to find in Buddhism more of a psychology free of the faith of the other religions. However the more books and Buddhist scripture I read I started seeing the same myth making about Buddha and the same orthodox establishment with a hierarchy saying to submit to authority and believe in reincarnation and karma also saw a lot of conditioned rituals like robes, sitting positions for meditation, and carry overs from Asian cultures that do not belong. This book dismisses the need for the institutions of Buddhism and the need to believe in the super natural myths of Buddhism to be a Buddhist. He believes in an agnostic Buddhism where we need not accept reincarnation and karma as doctrine. I thank this author for confirming my convictions of what true Buddhism is. I can continue on my pursuit of truth keeping Buddha's original teachings of the 4 noble truths and the 8fold path and others without wearing a robe and sitting in painful cross legged positions in a temple with a shaved head. Buddha taught how to free yourself from mental suffering by understanding the source of it as believing you are your ego and that circumstances are permanent. This author brings us back to what is necessary.

Listened to the audio book. Narration is not the most exciting one, but the content of the book made up for it. Highly recommended!

Great.

good read thanks

A thin read but worth a look

great book! highly recommend.

This book really opened my eyes. Stephen presents Buddhism more as its original message and helped me realize that there could be tremendous value in an ancient way of thinking that I never considered.

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