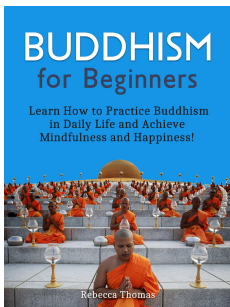


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BUDDHISM FOR BEGINNERS LEARN HOW TO PRACTICE BUDDHISM IN DAILY LIFE AND ACHIEVE MINDFULNESS AND HAPPINESS EBOOKS 2019



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The basic teachings of Buddhism are fairly simple. Below you will find some easy, daily rituals you can add into your daily life that will help you on your path of following the Buddhist religion. Here is what you will learn after reading this book: Understand the vision and the important aspects of Buddhism- Buddhism is based around peace, patience and meditation. All of these areas must be practiced daily. Meditate. Without meditation, it would be hard to actually follow the Buddhist religion. Meditation is at the core of this religion as it increases self-awareness and promotes patience and healing amongst its followers. Meditation is actually connected to many different religions but it is incredibly important and sacred in the Buddhist religion. Buddha- It's important to actually understand Buddha and how the religion began to spread. He led by example with all of his followers and part of the Buddhist religion is in fact doing the same thing. If we want others to behave in a certain way towards us we must show them the same respect and patience that we wish to have in return. Understanding meditation and how to meditate- You will find tips and tricks that will help you start implementing meditation into your daily routine. Once you have a basic understanding of the religion, you will then be able to decide for yourself whether it is a religion that you would like to follow. You may find that you want to start to follow different areas of the religion one step at a time.

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