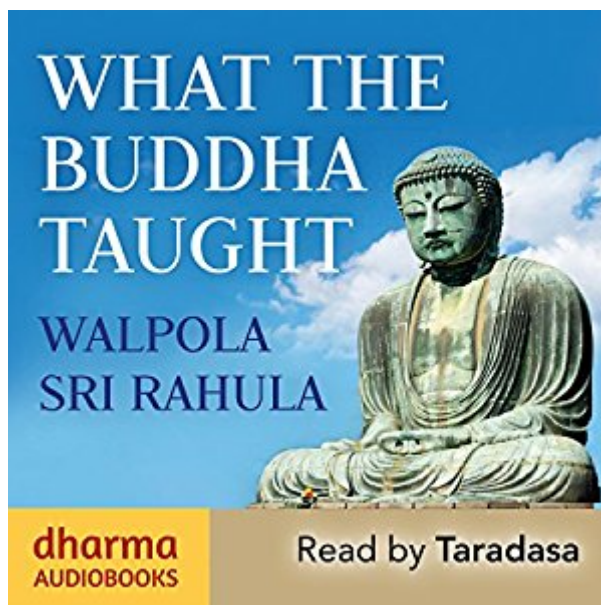


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What The Buddha Taught



Synopsis

Long regarded as one of the best introductions to Buddhism, *What the Buddha Taught* draws on the actual words spoken by the Buddha to give a lucid and accurate account of the fundamental principles of Buddhist doctrine. Richly supported by extracts from the ancient texts, Walpola Rahula gives clear and direct explanations of Buddhism's essential teachings including: the Buddhist attitude of mind the Four Noble Truths The Noble Eightfold Path meditation and mental development what the Buddha taught and the world today. *What the Buddha Taught* also features an illustrative selection of texts from the Suttas and the Dhammapada. The Venerable Dr Walpola Sri Rahula was a Buddhist monk and scholar. He received a traditional training and education in his native Sri Lanka before studying at the University of Calcutta and the Sorbonne. He held a chair at Northwestern University, Illinois, and was Vice-Chancellor of Vidyodaya University, Colombo. He was widely regarded as one of the most qualified and enlightened scholars of the Buddhist tradition with a deep knowledge of the original texts.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dharma Audiobooks

Audible.com Release Date: January 16, 2017

Language: English

ASIN: B01NCU9T9U

Best Sellers Rank: #72 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #366 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #11755 in Books > Religion & Spirituality

Customer Reviews

A really well written and easy to understand guide to those that are new to Buddhism. I consider myself one of them, but this book proved I really knew nothing about Buddhism. This book was very informative and educational and helped me understand what Buddhism really is and not what I hear people say it is. I absolutely recommend it. Even if you are not a Buddhist and are only curious about it, it is a worth reading and the author makes an awesome job explaining it.

There is much to be told about the history of Buddha, this book goes into the history only briefly then gives you the straight unabated truth of what the enlightened one taught. There are several books about the beginning and I have read a lot of them but nothing has come close to the straightforwardness this book provides. I have bought this book several times and have handed out a more than a dozen copies to friends I have met throughout the world. I highly recommend for anyone that wants to know the truth and not the ritual on the philosophy of Buddhism.

This is the best book ever written on the teachings of Gautama Buddha--bar none. The book focuses on teaching the substance of what the Buddha taught, rather than all the modern trappings, like turning meditation into a fetish. Once you understand what the Buddha taught, you will be able to recognize what he didn't teach: 90%+ of what passes today as "Buddhism."

Translations by a native speaker make all the difference in the world. This is great for a beginner--doesn't talk down to you at all (college reading level required) but does boil down the central tenets and organizes them for you. Highly recommend! I keep going back and back to it. #1, it makes a great reference (for example, as my sangha works its way through weekly discussions of the Eightfold Noble Path) but perhaps more importantly, #2 every time a re-read a section I get a better and deeper understanding of the material. Tiny book with a big punch.

Simply what he taught, this and Buddhism Plain and Simple is all you need. Beware of people who tell you, you can't understand this. Hogwash.

This book was recommended to me by my Sifu. This may be a small book, but it has a lot to offer. I have not finished it yet, but so far it has made so much more sense in fewer words than almost any other book I've read on the subject. I wish it was offered in electronic format because I don't like to keep physical books around cluttering my space, but this one is definitely worth having.

This is an extraordinary book primarily because it dispels many of the myths about Buddhism that have grown up over the last two millennia. Buddhism is indeed not religion in the usual sense but rather a philosophy or psychology of mind that can actually work. But like other original ideas it can and usually has been confused with the muck of occultism. Buddhism also needs to be read in the context and state of knowledge of the human mind in the period it originated in order to allow for its transformation into modern terms. In a very general sense Buddhism might be seen as a sort of

early Freudianism.

There's probably some hidden meaning there, but what can I say.

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