

zen buddhism a beginners pdf

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Shoshin - Wikipedia

In Zen temples and monasteries, practitioners traditionally sit zazen as a group in a meditation hall, usually referred to as the zendo. The practitioner sits on a cushion called a zafu, which itself is usually placed on top of a low, flat mat called a zabuton.. Before taking one's seat, and after rising at the end of the period of zazen, a Zen practitioner performs a gassho bow to their seat ...

Zazen - Wikipedia

Mahayana Buddhism Mahayana Buddhism emerged in the first century CE as a more accessible interpretation of Buddhism. As the "Greater Vehicle" (literally, the "Greater Ox-Cart"), Mahayana is a path available to people from all walks of life - not just monks and ascetics...

Buddhist Sects and Schools - ReligionFacts

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