

Essentials of Buddhism

Unanswered questions?? Stressed?? Just plain curious??

Next Sessions: April 19, 2020 and April 26, 2020

While Buddhism as we know it began over 2,500 years ago it is still viewed by many in America with a degree of "mysticism." What do Buddhists believe in? How do these beliefs differ from the other major religions? Is it really just for Asians? Do you have to live like a monk? Who's that big gold guy with the big belly?

Our Essentials of Buddhism discussions are aimed at explaining Buddhism in a plain-English, non-academic manner. WRBT's Reverend or one of our trained laypeople lead these open, interactive, loosely-structured discussions. While information is presented by sensei (teacher), questions are encouraged.



Some of the topics typically covered are:

- brief history of Buddhism (who, when, where, why)
- basic tenets of Buddhism (what Buddhists believe in)
- what are the different Buddhist traditions?
- what is Karma all about?
- is Nirvana the same thing as Heaven?
- what part does Meditation play in Buddhism?
- why the chanting?
- essentials of our tradition; Jodo Shinshu
- three-legged stool (Buddha, Dharma and Sangha)

We have found that both beginners to Buddhism and long-time practitioners benefit from these open discussions (they're great refreshers and it's always informative and oftentimes inspiring to learn others' perspectives on things).

Essentials of Buddhism are held approximately once a quarter. Our next scheduled sessions are April 19, 2020 (part 1) and April 26 (part 2) and start after Sunday Family Service (approximately noon and last an hour or two). No registration or fee is required (but donation is gladly accepted).

We look forward to sharing this time with you.