



# **Buddhism - Discover How to Practice Buddhism to Achieve Higher Levels of Inner Happiness and Mindfulness (Yoga, Meditation, Zen, Mindfulness, Inner Peace,) (Volume 7)**

*Carmen Mckenzie*

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## **Discover How to Practice Buddhism to Achieve Higher Levels of Inner Happiness and Mindfulness**

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**\*\*\* LIMITED TIME OFFER! \*\*\*** Buddhism is general not considered a religion by its Abrahamic counterparts because of its spiritual and individual nature, rather than following a strict deity. Even the name Buddhism doesn't mean that they really pray to Buddha, but rather try to emulate the ways of Buddha – the man that reached enlightenment. **In fact, the world Budhi means to have awoken which in Buddhism means to reach enlightenment.** The religion was started by a man named Siddhartha Gautama, the founder of this spiritual religion or philosophy, if you will, and the first man to reach enlightenment; hence, he is colloquially referred to as Buddha. Siddhartha was born into a wealthy and influential family in the 4th century B.C., in Eastern India. Due to a prophetic telling, his father decided to keep him away from the outside world so that he would instead concentrate on being a great prince. Despite his father's attempts he was able to get outside of his father's walls to see the outside world in which he saw an old man, a sick man, a dead man, and an abstinent holy man. The holy man was the only one at peace so he decided to follow him.

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=> **1. Its Short And Informative No Fluff!!** => **2. This Book Is Straight Forward And Gets To The Point** => **3. It Has A Great Concept** => **4. Learn What You Need To Know FAST!** => **5. Don't Waste Hours Reading Something That Won't Benefit You** => **6. Specifically Written To Help And Benefit The Reader!** => **7. The Best Compact Guide To Learn What You Need To Learn In A Short Period of Time**

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During his spiritual and meditative studies he would often go without food or water for extreme periods of time and even attempt to hold his breath for a long duration. At one point, he almost starved himself to death (this is too extreme on one end of the spectrum) but then decided to eat (although not too much which would be the other end of the spectrum), which is how he discovered the middle way. **Another turning point for his wondrous life was when he meditated under the famous fig tree until he reached enlightenment.** Once he did achieve this state of nirvana, he decided to go out and instruct others on how to reach it. His numerous followers went off to begin schools of their own and Buddha's final act was to predict his own death saying he was leaving his Earthly body behind. That evening he grew violently ill from eating a pork dish and died. His religion or spiritual philosophy went on to be one of the largest in the world and is still gaining popularity. **Buddhism spread far and wide including the Indian subcontinent, East Asia and**

**South East Asia, where many prominent schools developed.** Chinese Buddhist schools sprung up, namely the Tibetan schools, and temples grew all over Thailand, Cambodia and even the water-locked islands of Indonesia.

- **Chapter 1: The History of Buddhism**
- Schools of Buddhism
- **Chapter 2: About Buddhism**
- Steps to Enlightenment
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