

# A Guide to Buddhism for Beginners



You may be disappointed with your own religion. It doesn't seem to be guiding you the way you expect a belief system to do. It's possible that there's a deep-seated resentment or pain that you're experiencing because of the suffering you see around you. This may make you turn toward another belief system: Buddhism. Western society has often equated Buddhism with peace and calmness. It's associated with practicing meditation for stress relief. It's considered to be a way to find the purpose of your life. Whatever the reason, the fact is that more and more people are exploring Buddhism as a way of life. Maybe there's something about it that tells you, Yes, this is it...this is what can guide me in the right direction. But Buddhism is not just about letting your mind go blank and controlling your thoughts. It's a philosophy of life that teaches you about how to manage your life and relationships. It teaches compassion and about your oneness with God. In short, there are many parts to Buddhism, and this guide is meant to let you, the beginner, know about all aspects of the religion you can learn and how you can incorporate these into your life.

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