

HBL100

Introduction Into The Study Of Buddhism
Redder

Assignment: Essay

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The "Introduction To The Study Of Buddhism" is a true treasure chest that's filled with so much invaluable information (Jewels). I love it and am very appreciative for it, it's very educating. I cannot imagine ever gathering all of this information from the reading/studying of individual books, so I am truly very appreciative of all the foot-work, the research and work that was put into the making of this educational textbook. And I am just as thankful and appreciative to my Professor, The Venerable Lancaster for his dedication and goodwill. From the very beginning the Professor opens up my mind, and makes me see and understand the bigger picture, teaching me how to better think, and get the most from the studies. This study was done objectively presenting the bare historical facts, raw data. I now have a much fuller understanding of my practice, and its history.

For instance, what would be considered to be the Genesis of Buddhism, The Aggañña Sutta, before coming across it in the Reader I had guessed that more than likely such a thing existed to us Buddhist, but now thanks to this course and textbook I know it exists, and I love it. I think it's beautiful, and I understand it, and because of what I have personally experienced in my meditations, I believe it. With this belief and understanding of the Aggañña Sutta, the way that I perceive death has changed even

more. I am but energy that's connected to all other forms of energy. Right now I am in the human form, for which I feel blessed for this human mind. I use this mind to embrace the Dharma to practice (meditate) to come more and more in tune with my inner Buddha. I live life. Living fearless towards death, with my understanding of the laws of Karma, abiding to the Dharma, living life with the principle of non-regret and my belief in rebirth. All of this along with my belief in how solar systems work, their births and death (their reincarnation). It is thanks to the Reader that I have this better understanding of what all comes with my practice. I believe it, and I can now actually explain it, or even entertain a conversation about this, or its many other aspects.

Also, in my sangha, I had heard about Pureland. And I just fell in love with that word. But now, thanks to this textbook, I know more than just a beautiful word. I now have some insight into what is Pureland, and a part of their practice. I find it fascinating to learn that their practitioners have to face a certain direction (the west) and use their imagination, as they do. Not only am I fascinated by this practice, and the degree to which they have to cultivate their minds, but I was just as amazed to find out how this practice bears similarities to the practices of other religions.

Thanks to the Reader I understand how Buddhism spreaded through-out the world, and as it spread, how it changed to the customs of different cultures and how they use it to benefit from it. For example the samurai warriors

of Japan appreciate it for its many boons, which they use to become better centered and more focused warriors. For this same reason the basketball coach Phil Jackson utilized it, to make his players even sharper. The end result, championships.

As we go understanding ourselves we go growing in the Truth, and with meditation we go obtaining more and more of the benefits that comes from the practice of meditating, becoming more cultivated spiritually, energetically driven, steady, humble, compassionate beings.

The Reader greatly assisted me in my intellectual growth, I now more fully comprehend what is Buddhism. But just as importantly it equally assisted me in my spiritual growth.

with Metta

And A World Of Appreciation,

Your Student

Guillermo Zolozabal