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# Buddhism for Beginners: 2 Books in 1: Buddhism for Beginners & Zen Buddhism for Beginners

*Emerald Moon*

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**Buddhism for Beginners: 2 Books in 1: Buddhism for Beginners & Zen Buddhism for Beginners**
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Buddhism for Beginners: 2 Books in 1 (Buddhism for Beginners & Zen Buddhism for Beginners) Book 1: Buddhism for Beginners Buddhism has been around for thousands of years, but it was not until recently when people all over the world have started to gain interest in it once more. Perhaps, it is because they are drawn to the teachings of Buddhism that center on themes, such as living life in moderation, letting go of desires and being compassionate towards others. The physical and mental benefits gained from such Buddhist practices as meditation, yoga and mindfulness may have also contributed to its popularity. Yet, as people slowly begin to introduce Buddhist principles into their lifestyle, many of their questions regarding this ancient way of life still need simple answers. If you are someone who wants to know more about Buddhism and how you can incorporate its principles into your daily life, then this book is for you. In this book you will find: • What is Buddhism? Is it a religion? • Who was Siddhartha Gautama? Was he a human or a deity? • What do the Four Noble Truths mean? What is the Noble Eightfold Path? • What are reincarnation, nirvana, and karma? • Why is Theravada Buddhism different from Mahayana Buddhism? Is Zen also a kind of Buddhism? • What exactly is mindfulness? • How do you meditate? What are the different ways to meditate? • Is it possible to practice Buddhist principles without becoming a Buddhist? • How do you become a practicing Buddhist? Do you need to be baptized? Whether you are a beginner to the concepts of Buddhism, or someone who conducted research and would like to deepen your understanding of the concept, this book will provide you with answers in a no-frills way.
_____ Book 2: Zen Buddhism for Beginners Zen Buddhism is one school of Buddhism that arose from the Mahayana school of Buddhism. There are three main schools of Buddhism today, with several smaller schools that have adapted the principles and pathways of the major three. Zen is the Japanese form of Ch'an Buddhism, which began in China and eventually spread to the island of Japan. As a form of Buddhism, you are asked to use seated meditation to reach enlightenment, as well as to follow six paramitas or principles to achieve an awakened state. Zen Buddhism is a book for beginners that explores various topics to help you decide if it is the right school of Buddhism for you to follow and gain enlightenment from. In this book you will find: • The history of Buddhism • An understanding of Buddhism • How to practice Zen Buddhism • How to find a mentor • How to apply Zen to your daily life • Zen-approved meditations • A glossary of important terms You are not promised to reach an awakening or Nirvana, but to understand more about the concept and the meditation it took the original Buddha to gain Buddhahood. Your path may be quick or slow to gaining Nirvana, but it is your journey—not one that anyone can provide for you—although, it is one masters can help you discover. So what are you waiting for? Take action, not now, but right now, and grab your copy, today!

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