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Researching Buddhism And Facts Surrounding The Popular Philosophy

By Marcus Grant

Searching for Little Known Buddhism Facts

Buddhism is a popular religion and philosophy that originated thousands of years ago in Asia. The popularity of Buddhism has spread and followers from many countries are involved in this philosophy. Buddhism has an estimated three hundred million followers, and is something that many individuals are interested in learning about, but they do not necessarily know where to start. The history of and facts about Buddhism are taught in many schools around the world. However, there are additional ways to learn the facts about Buddhism. To research Buddhism, traditional methods should be followed. There is a variety of different locations and resources for obtaining information concerning the philosophy of Buddhism.

The internet is a convenient and interesting way to find alot information on every topic imaginable, including the history of Buddhism its teachings which have helped it to develop a worldwide following. With numerous online encyclopedias available, you are certain to find information and little known facts concerning Buddhism. In addition to online encyclopedias, performing an internet search is a sure fire way to produce many resources and references pertaining to Buddhism. By simply typing in "Buddhism", you will be surprised at the number of websites and reference guides that will appear.

One of the best ways to learn about the history of, and interesting facts about, Buddhism is to visit a website that is operated by followers of Buddhism. One of the best websites to obtain general information on Buddhism and facts surrounding its history is

<http://www.buddhanet.net/index.html>

BuddhaNet is an online educational network for individuals who follow Buddhism or are interested in learning more about it. The BuddhaNet site is easy to navigate and designed for individuals of all ages. They have an ebook section which is completely free for all site visitors to read and use as a reference. The ebook section contains information and articles on mediation, history, teachings, and more. A large amount of information can be obtained from this website. Although this website is a great

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educational tool for teaching individuals about Buddhism and facts surrounding the philosophy, there are additional online resources that are just as helpful. Completing an online search is the best way to find and sort through each of them.

In addition to the internet, libraries generally offer a large amount of books or other printed materials concerning the history and teaching of buddhism. The amount of materials associated with Buddhism and facts concerning its history and practice will most likely depend on the size of the library. It usually the case that smaller libraries are limited in the number of books that they carry. If you do not find what you are looking for, do not give up. Many libraries various cities or counties are connected to a network of other libraries. Therefore, many books may be exchanged or borrowed by different library locations.

In addition to printed materials found in the library, there are number of Buddhism books that can be purchased from traditional book stores. Some of these books may be used for reference; many of the books found on today's market include titles dealing Buddhist views, beliefs, or ways that Buddhism has positively impacted a group or an individual. Many printed materials can be purchased from conventional or online book stores. Books, VHS Tapes, DVDs, or audio cassettes tapes may be purchased from many online Buddhism websites.

Learning the history of Buddhism and facts concerning the philosophy is a fairly easy process. In addition to learning useful information, you may even find yourself wishing to become a believer or follower of Buddhism

Marcus Grant

<http://www.buddhism-history.com>

<http://www.buddhismhistory.org>

What is the Color of the Wind?

By Rodney Ohebsion

"What is the color of the wind?"

"Sitting quietly, doing nothing, spring comes and the grass grows by itself."

"When I eat, I eat. When I sleep, I sleep."

"What is your original face, before your mother and father were born?"

These are all Zen sayings. Zen is a branch of Buddhism that teaches about mastering the mind, and releasing a distorted sense of reality. Instead of attempting to grasp reality, but Zen philosophy teaches people to observe, accept, and acknowledge reality. Zen also teaches practitioners about realizing or acknowledging the enlightened nature already within themselves.

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Now in the new book *A Collection of Wisdom*, author Rodney Ohebsion shares some of the best of Zen, all in a clear, efficient, and vibrant format. Here are some of the Zen Buddhism teachings in the book:

Be master of mind rather than mastered by mind. (Buddha)

Overcoming yourself is better than overcoming everyone else, because then the victory is yours, and cannot be taken from you by anyone... (Buddha)

First direct yourself to what is right; and then teach others. (Buddha)

Do not neglect your own needs for someone else's... and recognize your needs so you will know what to do. (Buddha)

They criticize one who remains silent, they criticize one who talks a lot, and they even criticize one who talks in moderation. There is no one in the world who is not criticized. There is not, never was, and never will be a person who lives life on earth and is always praised or always criticized. (Buddha)

Sometimes you need to slow down so that the thing you are chasing will come around and catch you. (Zen saying)

What is the sound of one hand clapping? (Zen saying)

The infinite is in the finite of every moment. (Zen saying)

Sitting quietly, doing nothing, spring comes and the grass grows by itself. (Zen saying)

If you understand, things are just as they are. If you do not understand, things are just as they are.

(Zen saying)

Two mirrors facing each other. There is no image in between. (Zen saying)

First monk: "The flag is moving."

Second monk: "The wind is moving."

Patriarch: "Not the wind, not the flag. Mind is moving." (Zen koan)

Disciple: "What is your Way?"

Master: "What is right now?" (Zen koan)

The Way is perfect like vast space, where nothing is lacking and nothing is in excess. (Seng Tsan)

Look within! ... What I tell you is not secret. The secret is in you. (Hui Neng)

If I meet a hundred-year-old man and I have something to teach him, I will teach; if I meet an

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eight-year-old boy and he has something to teach me, I will learn. (Joshu)

If your mind is not clouded by unnecessary things, this is the best season of your life. (Wu Men)

This day will not come again. Each minute is worth a priceless gem. (Master Takuan Sono)

More teachings from Zen Buddhism and many other sources can all be found in A Collection of Wisdom, available for purchase now at www.amazon.com

Rodney Ohebsion is the author of non-fiction books such as A Collection of Wisdom. His official website is located at

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