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Menopause, Andropause And Other Hormone Imbalances
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Visit Thailand - The Land Of Buddha

By Barney Garcia

Thailand is the perfect tourist destination for nature lovers, shopping lovers and for the followers of Buddhism. Thailand is all these teemed together and much more. Situated in the heart of South East Asia, Thailand has some of the best Buddhist temples, which offer peace, serenity and tranquility.

The Grand Palace and the Emerald Buddha

The temples and monasteries of Thailand date back to a few hundred years. The Emerald Buddha Temple is one of the most sacred sites in Thailand and requires visitors to be properly dressed before they can enter the holy place. The Jade statue of the Lord, which is elevated off the ground is a visual treat for visitors. This temple occupies just one corner of the court of the grand Palace.

Magnificent Bangkok

You must be out of your mind, if you visit Thailand and leave without visiting Bangkok. The capital of Thailand has everything that a tourist can dream of. Shopping plazas, Temples, Museums, Hotels offering exquisite Thai food, Islands, Beaches, Tall high-rises and a sprawling nightlife, Bangkok has it all. Be it the largest building in the world to be made of Teak wood, in Vinmanmek Teak Mansion, or the 46 meter long statue of reclining Buddha in the Wat Pho temple, you will never ceased to be stunned by the beauty of Thailand.

Shopping enthusiasts can head off to Siam Square, which is one of the most popular shopper's destinations in Thailand. Ma Boon Krong and Siam Center are two of the biggest shopping centers here. You can spend an entire day here and yet comeback unsatisfied. There are so many restaurants, theatres and shops to keep you busy. Thailand also has cheap roadside shopping opportunities for tourists who do not wish to blow away much money on shopping.

For Nature Lovers

Nature lovers can head straight to the Ko Chang national park that has many activities. Apart from the wildlife, tourists can also pursue diving, snorkeling or elephant riding over here. The place usually

overflows with tourists all the time. Beach lovers can head off to Pataya, which is a pretty serene beach. It is located just 150 kms away from Bangkok.

Go discover Thailand!!

Barney writes about various topics, please visit

<http://www.thetravelblog.info>

and

<http://www.kenya-traveller-tips.info>

for more travel information, tourist destinations and travel tips.

Types Of Buddhism

By Tony Ha

There are two types of Buddhas. And both seemingly reach a level of enlightenment called Nirvana, the end of suffering (while still alive here on Earth) and acquire some supernatural powers. This is a brief about both types of Buddhas.

In the Pali Canon, a collection of 16 volumes containing 12,800 pages of translation about communications about the study of Buddha Dharma's ideology / spirituality, the transcripts reference two types of Buddhas. These are Samyaksambuddha or Sammasambuddha and Pratyeka Buddha or Paccekabuddha. A brief description of each follows.

Samyaksambuddhas (Pali: Sammasambuddha) Students of this order reach Buddhahood. Then they teach other people about the truth or enlightenment of Buddha Dharma and teaching his methodology / philosophy / ideology / religion, guiding them to a sense of spiritual awakening. Siddhartha Gautama, referred to as The Historical Buddha, fits in this category type, described as a Samyak-sambuddha.

Pratyekabuddhas (Pali: Paccekabuddha) Somewhat similar to the Samyaksambuddhas above in that they reach the state of Nirvana with powers, this type of Buddha is also known as Silent Buddhas, because they decided to not share their knowledge with others.

Disciples of a Sammasambuddha are called Savakas (hearers or followers) or Arahants (Noble One). These terms have slightly varied meanings but can all be used to describe the enlightened disciple. Anubuddha is a rarely used term, but was used by the Buddha in the Khuddakapatha as to those who become Buddhas after being given instruction. Enlightened disciples attain Nirvana and Parinirvana as the two types of Buddhas do. The most generally used term for them is Arahant.

One 12th century Theravadin commentary uses the term Savakabuddha to describe the enlightened disciple. According to this scripture there are 3 types of Buddhas. In this case, however, the common

definition of the meaning of the word Buddha (as one who discovers the Dhamma without a teacher) does not apply any more. Mainstream Theravadin and Mahayana scriptures do not recognize this term and state there are only two kinds of Buddha.

Tony Ha is a freelance writer who writes about buddhism. He loves to reads about buddhism at

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& reads about the pali canon at

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