

BUDDHISM



Practices involve meditation, the eightfold path, mindfulness, etc.



Buddhism rejects the omniscient, omnipresent, and omnipotent God



We are stuck in an endless cycle of birth, death, & rebirth. This can be broken only by attaining Nirvana.



All human beings are ignorant and must be woken up.



Means of salvation - The Eightfold Path



Focused on non-dualism, non-conceptualism, meditation, & simplicity.



There is a Buddha inside each of us & it lives



Life after death is Nirvana.



All humans have the enlightened state within them.



Means of salvation - Meditation and Koan practice.

Simple Guide To Zen Buddhism

A Gutmann



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