

# Table of Contents

## Pronunciation Guide

Introduction	10
Sanskrit and Pāli	11
Chinese	12
Japanese	12
Tibetan	13
Korean	13

## The Background to Buddhism

The Indus Valley Civilization	14
The Indus Religion	15
The Indus Inheritance	16
The Vedic Culture	17
Vedic Literature	18
The Vedic Inheritance	20
The Age of the Wanderers	21
The Two Traditions	21
The Philosophical Problematic	23

## PART ONE: FOUNDATIONS

### Chapter One: Karma and Cosmology

The Cosmos in Indian Thought	26
The Inhabitants of the Cosmos	28
The Six Realms of Rebirth	30
Karma	39
Merit	42
Western Perspectives	44

### Chapter Two: The Buddha

The Buddha	50
The Buddha's Birth	55

Renunciation	57
Austerities	61
Enlightenment	64
The First Sermon	68
The Buddha's Last Days	71

### Chapter Three: The Dharma

The Four Noble Truths	77
The First Noble Truth: Suffering	78
The Second Noble Truth: Arising	82
The Third Noble Truth: Cessation	87
The Fourth Noble Truth: The Path	90
Holy Persons	94
The Doctrine of "No Self"	96
The Five Aggregates	97

### Chapter Four: The Sangha

The Sangha Defined	102
The Vinaya Piṭaka	105
Paracanonical Vinaya Literature	107
Prātimokṣa	107
Karmavācānā	108
Canonical Vinaya Literature	109
Sūtravibhaṅga	109
Skandhaka	110
Appendices	111
Non-Canonical Vinaya Literature	112
The Laity	112
Important Disciples In The Early Sangha	113
Monks	113
Lay Disciples	115
Royal Patrons	115
Monastic Life	115
Geographic Dispersal Of The Sangha	117

## PART TWO: DEVELOPMENT

### Chapter Five: Buddhism in India

Developments After the Death of the Buddha	120
The Early Period	121
Early Councils and Schools	122
The Mauryan Empire and Aśoka	127

The Stūpa	131
Buddhist Art	134
The North West	136
Milinda's Questions	137
Abhidharma	138
Vasubandhu	138
The Rise of the Mahāyāna	140
Tantra	141
Monastic Centers	144

## Chapter Six: Mahāyāna

Introduction	150
Mahāyāna Literature	151
Prajñāpāramitā	151
Other Mahāyāna Literature	153
Mahāyāna Doctrines	156
Buddha Nature	157
Emptiness	157
Bodhisattva	158
Pāramitā	159
Karuṇā	160
Upāya	161
Celestial Buddhas And Bodhisattvas	162
Mahāyāna Schools: Mādhyamika	165
The Founder: Nāgārjuna	166
The Basic Text: Mūlamādhyamika-kārikās	167
Major Doctrine: Emptiness	168
Mahāyāna Schools: Yogācāra	168
The Founders: Asaṅga and Vasubandhu	169
Major Doctrines: Ālayavijñāna	171
Major Doctrines: Trikāya	172
Mahāyāna Schools: Pure Land	173
Mahāyāna Logicians	174

## Chapter Seven: Meditation

Hīnayāna Introduction	178
The Practice of Calm	179
The Ancillary Techniques	180
The Trance Techniques	184
The Ten Devices	184
The Four Formless Realms	188
The Practice of Insight	189

Purity of Virtue	190
Purity of Mind	190
Purity of View	190
Purity of Overcoming Doubt	190
Purity of Knowledge and Insight into Right and Wrong Paths	191
Purity of Knowledge and Insight into Progress	191
Purity of Knowledge and Insight Themselves	193
Mahāyāna Introduction	194
The Standard Structure of Mahāyāna Meditation	195
Meditation	195
The Return to the World	197
The Stages on the Path	198
Visionary and Ecstatic Techniques	199
The Pure Land Tradition	200
The Tantra Tradition	202
Techniques of Spontaneity	204
The Mahāmudrā Tradition	204
The Zen Tradition	205
Conclusion	206

## PART THREE: BUDDHISM BEYOND INDIA

### Chapter Eight: Buddhism in Southeast Asia

Theravāda Buddhism	209
General Characteristics of Buddhism in the Region	210
Sri Lanka	214
Burma	219
Thailand	222
Vietnam	224

### Chapter Nine: Buddhism in East Asia

China: Historical Sketch	233
Chinese Buddhist Schools	236
Jushe	236
Chengshi	237
Lü	237
Zhenjan	238
Sanlun	238
Faxiang	239
Tiantai	239

Huayan	241
Chan	241
Jingtu	243
Chinese Buddhist Religious Life	243
Modern Chinese Buddhist Innovations	244
Korea: Historical Sketch	245
Korean Buddhist Schools	247
Sōn	247
Kyeyul	247
Hwaōm	247
Haedong	248
Pōpsang	248
Yōlban	248
Modern Developments in Korean Buddhism	249
Japan: Historical Sketch	250
Japanese Buddhist Schools	253
Kusha	253
Jōjitsu	253
Sanron	254
Hossō	254
Ritsu	254
Kegon	255
Tendai	255
Shingon	256
Jōdo Shū and Jōdo Shinshū	256
Zen	258
Nichiren	259
Recent Developments In Japanese Buddhism	260

## Chapter Ten: Buddhism in Tibet

Historical Sketch	264
Major Schools of Tibetan Buddhism	268
Nyingma (rNying-ma)	268
Sakya (Sa-skya)	269
Kagyū (bKa-rgyud)	269
Karma-Kagyū (Karma bKa-rgyud)	270
Gelug (dGe-lug)	271
Kadampa (bKa-gdams-pa)	271
Dzogchen (rDzogs-chen)	272
Famous Buddhist Figures and Places	272
Padmasambhava	273
Atīśa	274

Tilopa (989–1069)	275
Nāropa	275
Marpa (1012–1097)	275
Milarepa (Mi–Las Ras–pa) (1040–1123)	276
Gampopa (sGam–po–pa) (1079–1153)	276
Tsongkhapa (Tsong–kha–pa) (1357–1419)	277
Samye (bSam–yas)	278
Tantra and Tantric Texts	278
Tradition of the Dalai Lama	281
The Holocaust and Thereafter	283

## PART FOUR: MODERNITY

### Chapter Eleven: Buddhism in the Western World

Buddhism’s Western Presence in Historical Perspective	286
The West and Globalization	291
A Case in Point: America	294
Developmental Issues in American Buddhism	300

### Chapter Twelve: Socially Engaged Buddhism

What is Socially Engaged Buddhism?	307
The Buddhist Peace Fellowship	311
Engaged Buddhism: Old or New?	319
Human Rights	320
Ecology	324

### Chapter Thirteen: Ethics

Dharma as Moral Foundation	333
Monastic Ethics	337
Virtues	338
Dāna	340
Ahimsā	343
Compassion	344
Skillful Means	346
War and Terrorism	348
Terrorism	352

### Chapter Fourteen: Reflections on the Nature and Study of Buddhism

European Antecedents to the Study of Buddhism	358
Early Buddhist Studies in America	360

Current Buddhist Studies in America	363
Scholar–Practitioners In Buddhist Studies	365
The Role of Technology in Buddhist Studies	369
<b>Appendix I</b>	
Chronology of Buddhist History	376
<b>Appendix II</b>	
The Buddhist Scriptures	386
The Pāli Canon	386
The Chinese Canon	389
The Tibetan Canon	392
<b>Glossary</b>	
Glossary	394