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About Buddhism. Welcome to About Buddhism. Here you will find some information on Buddhism to help you gain a basic understanding of this ancient religion and philosophy. In general, Buddhism is a way of finding peace within oneself. It is a religion that helps us to find the happiness and contentment we seek.

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Buddhism. Find out more about Buddhism's origins, doctrines, and the distinctive features of its major schools, to understand how Buddhism impacts our world.

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### **Buddhism Wikipedia**

Buddhism originated in ancient India as a Sramana tradition sometime between the 6th and 4th centuries BCE, spreading through much of Asia. Two major extant branches of Buddhism are generally recognized by scholars: Theravada (Pali: "The School of the Elders") and Mahayana (Sanskrit: "The Great Vehicle").

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Buddhism is a tradition that focuses on personal spiritual development. Buddhists strive for a deep insight into the true nature of life and do not worship gods or deities.

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What is Buddhism? Buddhism is a religion to about 300 million people around the world. The word comes from 'budhi', 'to awaken'.

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### **Buddhism ReligionFacts**

Buddhism began in India 2,500 years ago and remains the dominant world religion in the East. There are over 360 million followers of Buddhism worldwide and over a million American Buddhists today. Buddhist concepts have also been influential on western culture in general, particularly in the areas of meditation and nonviolence.

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### **What is Buddhism The Buddhist Centre**

Buddhism is a path of practice and spiritual development leading to Insight into the true nature of reality.

Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom.

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About 2,000 years ago Buddhism divided into two major schools: Theravada and Mahayana. For centuries, Theravada has been the dominant form of Buddhism in Sri Lanka, Thailand, Cambodia, Burma, (Myanmar) and Laos. Mahayana is dominant in China, Japan, Taiwan, Tibet, Nepal, Mongolia, Korea, and Vietnam.

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