

PRACTICES IN BUDDHISM



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Buddhism incorporates a variety of rituals and practices, which are intended to aid in the journey to enlightenment and bring blessings on oneself and others. While some activities are unique to certain expressions of Buddhism, there are others that are found in most of the popular forms of the belief system.

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Buddhism is a spiritual tradition and way of life that originated in present-day Nepal over 2,500 years ago. Today, there are a few different sects of Buddhism, and while they do have slightly different practices, they all follow the same basic path and abide by the same tenets.

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