

Seeking Religion The Buddhist Experience

Buddhism is one of the oldest and largest of the world's religions. But it is also a tradition that has proven to have enormous contemporary relevance. Founded by Siddhartha Gautama, who came to be called the Buddha, the religion has spread from its origins in northeast India, across Asia, and eventually to the West, taking on new forms at each step of the way. *Buddhism: What Everyone Needs to Know* offers readers a brief, authoritative guide to one of the world's most diverse religious traditions in a reader-friendly question-and-answer format. Dale Wright covers the origins and early history of Buddhism, the diversity of types of Buddhism throughout history, and the status of contemporary Buddhism. This is a go-to book for anyone seeking a basic understanding of the origins, history, teachings, and practices of Buddhism.

“A departure at right angles to thinking in the modern Western world. An important, original work, that should get the widest possible hearing” (Iain McGilchrist, author of *The Master and his Emissary*) *Middle Way Philosophy* is not about compromise, but about the avoidance of dogma and the integration of conflicting assumptions. To rely on experience as our guide, we need to avoid the interpretation of experience through unnecessary dogmas. Drawing on a range of influences in Buddhist practice, Western philosophy and psychology, *Middle Way Philosophy* questions alike the assumptions of scientific naturalism, religious revelation and political absolutism, trying to separate what addresses experience in these doctrines from what is merely assumed. This Omnibus edition of *Middle Way Philosophy* includes all four of the volumes previously published separately: 1. *The Path of Objectivity*, 2. *The Integration of Desire*, 3. *The Integration of Meaning*, and 4. *The Integration of Belief*.

The Buddha is still speaking to us from thousands of years ago. How can we best hear his message? How can we take his teachings to heart and live more contented, wholesome and meaningful lives? In this book, David Brazier warns that we are in danger of gravely misunderstanding the Buddha. In minimising or overlooking the metaphysical, religious foundation of his teachings, we are reducing his message to mere techniques. Through themes such as worship, belief and emptiness, Brazier shows us the vital importance of understanding Buddhism as a Religion. This book tells us that the most important thing Buddhism has to offer is lost when we reject its religious heart.

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

One of humankind's most respected religious leaders presents a plan for a new human and social paradigm, arguing that humankind is not inherently sinful, and discussing how redirection in the perception of our fundamental natures can bring powerful and positive change.

(Spiritual Life)

Today, Buddhism is often presented as a religion without dogmas and commandments, without God, and without any need to believe, tolerating all and everything, as no religion at all, but as a way of life most suitable to the needs of post-modern Westerners. But is this an accurate image? In this book, Buddhism is introduced as a genuine religion, gentle and powerful, being as demanding as it is consoling. Buddhism is certainly not a theistic faith, but neither is it a form of atheism or materialism. Rather it is a challenge to both: a rich source of metaphysical, ethical, and spiritual insight that has shaped and nourished countless generations of followers all over Asia and that is now taking firm roots in the West. As with all titles in the "Understanding Faiths" series, Understanding Buddhism is directed at serious inquirers or students of comparative religion who are seeking a sympathetic, scholarly, and reliable introduction.

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Buddhists. A description of the life of the Buddha, original Buddhist scriptures, beliefs and practices is followed by a systematic review of research conducted in Buddhist populations, and then by recommendations for practice based on research, clinical experience, and common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of physical and emotional disorders using a faith-based approach. In this volume, which is well-documented and extensively cited, Dr. Koenig bring together over 50 years of research that has examined how religious faith impacts the mental health of Buddhists, including original research not reported elsewhere on current religious beliefs and practices of Buddhists and their relationship with well-being. He concludes by explaining what these findings mean for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

Though fascinated with the land of their tradition's birth, virtually no Japanese Buddhists visited the Indian subcontinent before the nineteenth century. In the richly illustrated Seeking Buddhism, Richard M. Jaffe reveals the experiences of the first Japanese Buddhists who traveled to South Asia in search of Buddhist knowledge beginning in 1873. Analyzing the impact of these voyages on Japanese conceptions of Buddhism, he argues that South Asia developed into a pivotal nexus for the development of twentieth-century Japanese Buddhism. Jaffe shows that Japan's growing economic ties to the subcontinent following World War I fostered even more Japanese pilgrimage and study at Buddhism's foundational sites. Tracking the Japanese travelers who returned home, as well as South Asians who visited Japan, Jaffe describes how the resulting flows of knowledge, personal connections, linguistic expertise, and material artifacts of South and Southeast Asian Buddhism instantiated the growing popular consciousness of Buddhism as a pan-Asian tradition—in the heart of Japan.

Since its first publication in 1981, AMERICA: RELIGIONS AND RELIGION has become the standard introduction to the study of American religious traditions. Written by one of the foremost scholars in the field of American religions, this textbook has introduced thousands of students to the rich religious diversity that has always been a hallmark of the American religious experience. Beginning with Native American religious traditions and following the course of America's religious history up to the present day, this text gives students the benefit of the author's rigorous scholarship in clear language that has proven to be readily accessible for today's undergraduates. This long-awaited new edition explores a

variety of recent events and developments, including increasing religious pluralism and, especially, a combinative postpluralism in which different faiths in America subtly begin to borrow from one another. The new edition examines postethnic Judaism in the Jewish Renewal movement and other instances, the growing Womenpriest movement among American Catholics, and the development of Islam in America in the light of September 11, 2001. It surveys the emerging church movement among liberal evangelicals and others, and follows the growth of a new spirituality that is much broader than the New Age movement. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Provides support for RE Coordinators who are trying to get religious education properly established in their primary schools. The text focuses upon issues of planning, implementing and resourcing and aims to be a user-friendly guide.

This Book Is An Introductory Study Of Mysticism In The Christian Religion. It Should Be Suitable For Both General Readers And College Undergraduates. It Provides Both A Theory Of Mysticism And Surveys Of Its Main Contours In Buddhism And Traditional Religious Cultures. It Also Suggests How Readers May Understand And Appreciate What Mysticism Implies For Their Own Lives.

Twenty discourses from the Pali Canon--including those most essential to the study and teaching of early Buddhism--are provided in fresh translations, accompanied by introductions that highlight the main themes and set the ideas presented in the context of wider philosophical and religious issues. Taken together, these fascinating works give an account of Buddhist teachings directly from the earliest primary sources. In his General Introduction, John J. Holder discusses the structure and language of the Pali Canon--its importance within the Buddhist tradition and the historical context in which it developed--and gives an overview of the basic doctrines of early Buddhism.

The Buddhist Experience Hodder Murray

Psychology has historically failed to address matters of spirituality and cultural diversity. These voids are beginning to be addressed, but missing in the literature are descriptions of the experiences individuals involved in religions outside the Judeo-Christian traditions in the United States. This study examines the experiences of members of a small Buddhist center in the conservative, largely Christian context of the midwestern United States. Study questions examined were: What are the factors that influence an individual's decision to seek a minority religious tradition? What is the impact of minority religion membership in the larger, conservative religious culture? How does membership affect relationships with family, friends, and acquaintances? How might ideas about self, the world, and life experience change as individuals acculturate to a different worldview? This book would be of special interest to psychologists, sociologists, and religious studies professionals. It would also be useful for anyone interested in better understanding the experiences and well-

being of Western Buddhists

The rising population known as "nones" for its members' lack of religious affiliation is changing American society, politics, and culture. Many nones believe in God and even visit places of worship, but they do not identify with a specific faith or belong to a spiritual community. Corinna Nicolaou is a none, and in this layered narrative, she describes what it is like for her and thousands of others to live without religion or to be spiritual without committing to a specific faith. Nicolaou tours America's major traditional religions to see what, if anything, one might lack without God. She moves through Christianity's denominations, learning their tenets and worshipping alongside their followers. She travels to Los Angeles to immerse herself in Judaism, Berkeley to educate herself about Buddhism, and Dallas and Washington, D.C., to familiarize herself with Islam. She explores what light they can shed on the fears and failings of her past, and these encounters prove the significant role religion still plays in modern life. They also exemplify the vibrant relationship between religion and American culture and the enduring value it provides to immigrants and outsiders. Though she remains a devout none, Nicolaou's experiences reveal points of contact between the religious and the unaffiliated, suggesting that nones may be radically revising the practice of faith in contemporary times.

In *Race and Religion in American Buddhism*, Joseph Cheah examines how the racial ideology of white supremacy has been played out in the two different ways by which convert Buddhists and sympathizers, and Burmese ethnic Buddhists have adapted Buddhist religious practices to the American context.

The games that human societies devised over the centuries can be considered one of the most comprehensive and fertile symbolic systems ever created by human ingenuity. In all societies, members feel compelled to interact and communicate with each other as much as possible. As linguistic creatures, humans use language to establish social and interpersonal contacts. Games are a device to enable such connections. Robert Perinbanayagam examines how players value games. He assesses games as systems that embody metaphysics and pragmatic action. He then examines various religious ideas and how participants reference respective approaches to game playing. Perinbanayagam argues that games are forms of activity in which the human agent as an actor engages with others in various interactional situations. Such engagement creates dramas in which agents assume identities, give play to emotions and enrich their selves. He also examines the issue of game writing, particularly how selected writers have used game structures as narrative devices in their work.

This is the first scholarly treatment of the emergence of American Buddhist Studies as a significant research field. Until now, few investigators have turned their attention to the interpretive challenge posed by the presence of all the traditional lineages of Asian Buddhism in a consciously multicultural society. Nor have scholars considered the place of their own contributions as writers, teachers, and practising Buddhists in this unfolding saga. In thirteen chapters and a critical introduction to the field, the book treats issues such as Asian American Buddhist identity, the new Buddhism, Buddhism and American culture, and the scholar's place in

American Buddhist Studies. The volume offers complete lists of dissertations and theses on American Buddhism and North American dissertations and theses on topics related to Buddhism since 1892.

Religion is a powerful expression of culture that is most obviously expressed in our relationships with nature. As our major meeting point with nature is food, this provides a fertile field for cultivating the wisdom that Professor Falvey concludes is the essence of all sustainability. By bringing sustainability, agriculture, global issues, Buddhism, Christianity and a host of other factors into play, we see that our motivations belie our rhetoric -- in environmental actions through to trade and aid. This open-spirited book contains a wealth of analysis and alternative logics that make it essential to serious readers about nature, the environment, spirituality and religion, Asia and ourselves. Beginning with science and spirituality, the discussion moves from immortality to theology to literal misinterpretations and unifies these themes around unacknowledged Western core values. Shifting to philosophy, ethics, and rights, an ecological argument about our selective 'liberation' of nature is proffered as an introduction to global issues, including traditional values of poor countries and lost traditions in the West. An engrossing hybrid Oriental-Western dialectic allows chapters to be read alone or as part of an accumulating thesis. Thus Buddhist and Christian teachings are applied to agriculture and sustainability -- and they are found to be at one with each other. Whether it is biblical metaphor, karmic logic or enlightened self-interest, the continuous thread of a strong suture stitches a complex set of subjects into a coherent sutra that will vivify the current moribund dialogue between agriculture, science and religion. -- back cover.

Since the 1990s, many efforts have been made to integrate Buddhism and its therapeutic ancestors in the West, particularly Jungian psychology. Taking Japanese Zen-Buddhism as its starting point, *Awakening and Insight* is a collection of critiques and histories of Buddhism. It is based on accounts of the Buddhism and Depth Psychology conference that took place in Kyoto in 1999, expanded by additional papers and commentary, and includes: *New perspectives on Buddhism and Psychology, East and West; Cautions and Insights about Potential Confusions; Traditional Ideas in a New Light;* It also features a new translation of the conversation between Shinichi Hisamatsu and Carl Jung which took place in 1958. *Awakening and Insight* will be of great interest to students, scholars and practitioners of Analytical Psychology and Psychotherapy, as well as anyone interested in Buddhism. This book explores the practices in a Zen Buddhist temple located in Northwest Ohio against the backdrop of globalization. Drawing on the previous studies on Buddhist modernization and westernization, it provides a better understanding of the westernization of Buddhism and its adapted practices and rituals in the host culture. Using rhetorical criticism methodology, the author approaches this temple as an embodiment of Buddhist rhetoric with both discursive and non-discursive expressions within the discourses of modernity. By analyzing the rhetorical practices at the temple through abbots' teaching videos, the temple website, members' dharma names, and the materiality of the temple space and artifacts, the author discovers how Buddhist rhetoric functions to constitute and negotiate the religious identities of the community members through its various rituals and activities. At the same time, the author examines how the temple's space and settings facilitate the collective the formation and preservation of the Buddhist identity. Through a nuanced discussion of Buddhist rhetoric, this book illuminates a new rhetorical

methodology to understand religious identity construction. Furthermore, it offers deeper insights into the future development of modern Buddhism, which are also applicable to Buddhist practitioners and other major world religions.

Wrestling With God is concerned with conceptualizing a Christian pluralist theology of religious experience primarily in dialogue with Buddhism, but also in conversation with Confucian, Daoist, Hindu, Jewish, and Islamic traditions as well as dialogue with the natural sciences. It is through such dialogue as a form of theological reflection that Christians can hope for the emergence of new forms of faith and practice that are relevant to the complexities of contemporary life. The author's style and openness make this accessible to the general reader as well as the scholar.

Papers presented at a seminar organized by the Center in Rome, 1979.

About the book - 'Buddhism vs Hinduism' This book informs us about the basic essence of Buddhism in comparison to Hinduism. It is essential to start with the first chapter to understand the correct meaning of the basic spiritual terms used in this book. In most of the books spiritual terms may have been used differently. Many people think and propagate that all religions basically teach the same, and have same objectives, but may have different paths. But in fact, there are basic philosophical contradictions. Unless we understand these differences properly and try to remove them, the unity of all the religions may not be achieved. The aim of this book is understand the essence of Buddhism and its differences with Hinduism, if any. Why and how it spread in most of the countries? Why and how in India Buddhists adopt to Hinduism later? Basically Buddhism evolved from Hindu Dharma as Buddha was a Hindu. But he discarded God, soul, Scriptures and Brahmanism. More or less it was a contrast to Hinduism. Buddha has been controversial and misunderstood by many. Many people think that Buddha was an incarnation of Lord Vishnu and his enlightenment was 'Self-realization or God-realization'. But this does not seem to be correct. Is it not ridiculous to call some one as an Avatara of God, if he doesn't believe in God? The book clarifies the difference between 'Moksha & Nirvana' and 'Buddhist and Hindus meditations', which in fact differ in many respects. Author has also compared two more religions Jainism & Islam with Buddhism and Hinduism. But the comparison has been limited only up to philosophical level and not about traditional differences. Author has due respect to all the religions.

What is Buddhism? - The Buddha's teachings - Different kinds of Buddhism, Theravada, Mahayana, Zen and Tibetan - Buddha images - Temples and shrines - Buddhist festivals - The Buddhist way of life - Women in Buddhism - Buddhist scriptures.

This historical introduction to Buddhism presents students with an engaging exploration of the diversity of thoughts and practices of a wide segment of followers of the Buddha. It covers five main aspects of Buddhism: ritual, devotionism, doctrine, meditation, practice, and institutional history.

Buddhism and Buddhists in China By Lewis hodous, D.D. Buddhism is a religion which must be viewed from many angles. Its original form, as preached by Gautama in India and developed in the early years succeeding, and as

embodied in the sacred literature of early Buddhism, is not representative of the actual Buddhism of any land today. The faithful student of Buddhist literature would be as far removed from understanding the working activities of a busy center of Buddhism in Burmah, Tibet or China today as a student of patristic literature would be from appreciating the Christian life of London or New York City. Moreover Buddhism, like Christianity, has been affected by national conditions. It has developed at least three markedly different types, requiring, therefore, as many distinct volumes of this series for its fair interpretation and presentation. The volume on the Buddhism of Southern Asia by Professor Kenneth J. Saunders was published in May, 1923; this volume on the Buddhism of China by Professor Hodous will be the second to appear; a third on the Buddhism of Japan, to be written by Dr. R. C. Armstrong, will be published in 1924. Each of these is needed in order that the would be student of Buddhism as practiced in those countries should be given a true, impressive and friendly picture of what he will meet. A missionary no less than a professional student of Buddhism needs to approach that religion with a real appreciation of what it aims to do for its people and does do. No one can come into contact with the best that Buddhism offers without being impressed by its serenity, assurance and power. Professor Hodous has written this volume on Buddhism in China out of the ripe experience and continuing studies of sixteen years of missionary service in Foochow, the chief city of Fukien Province, China, one of the important centers of Buddhism. His local studies were supplemented by the results of broader research and study in northern China. No other available writer on the subject has gone so far as he in reproducing the actual thinking of a trained Buddhist mind in regard to the fundamentals of religion. At the same time he has taken pains to exhibit and to interpret the religious life of the peasant as affected by Buddhism. He has sought to be absolutely fair to Buddhism, but still to express his own conviction that the best that is in Buddhism is given far more adequate expression in Christianity. The purpose of each volume in this series is impressionistic rather than definitely educational. They are not textbooks for the formal study of Buddhism, but introductions to its study. They aim to kindle interest and to direct the activity of the awakened student along sound lines. For further study each volume amply provides through directions and literature in the appendices. It seeks to help the student to discriminate, to think in terms of a devotee of Buddhism when he compares that religion with Christianity. It assumes, however, that Christianity is the broader and deeper revelation of God and the world of today. Buddhism in China undoubtedly includes among its adherents many high-minded, devout, and earnest souls who live an idealistic life. Christianity ought to make a strong appeal to such minds, taking from them none of the joy or assurance or devotion which they possess, but promoting a deeper, better balanced interpretation of the active world, a nobler conception of God, a stronger sense of sinfulness and need, and a truer idea of the full meaning of incarnation and revelation. It is our hope that this fresh contribution to the understanding of Buddhism as it is today may be found helpful to readers

everywhere.

The editors bring some of the leading voices in Buddhist studies to examine the debates surrounding contemporary Buddhism's many faces. Race, feminism, homosexuality, psychology, environmentalism, and notions of authority are some of the issues confronting the religion today. 9 photos.

25 presentations on the spiritual life, with four major talks by H.H. the Dalai Lama.

As an incredibly diverse religious system, Buddhism is constantly changing. The Oxford Handbook of Contemporary Buddhism offers a comprehensive collection of work by leading scholars in the field that tracks these changes up to the present day. Taken together, the book provides a blueprint to understanding Buddhism's past and uses it to explore the ways in which Buddhism has transformed in the twentieth and twenty-first centuries. The volume contains 41 essays, divided into two sections. The essays in the first section examine the historical development of Buddhist traditions throughout the world. These chapters cover familiar settings like India, Japan, and Tibet as well as the less well-known countries of Vietnam, Bhutan, and the regions of Latin America, Africa, and Oceania. Focusing on changes within countries and transnationally, this section also contains chapters that focus explicitly on globalization, such as Buddhist international organizations and diasporic communities. The second section tracks the relationship between Buddhist traditions and particular themes. These chapters review Buddhist interactions with contemporary topics such as violence and peacebuilding, and ecology, as well as Buddhist influences in areas such as medicine and science. Offering coverage that is both expansive and detailed, The Oxford Handbook of Contemporary Buddhism delves into some of the most debated and contested areas within Buddhist Studies today.

A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

This is the fourth and latest volume in the Buddhist World series which includes Sharing Jesus in the Buddhist World, Sharing Jesus Holistically with the Buddhist World, and Sharing Jesus Effectively in the Buddhist World. Compiled from papers presented at the annual SEANET Missiological Forum in Thailand, Communicating Christ in the Buddhist World delivers fresh insights from mission theologians and practitioners. The first four chapters reflect on the theological framework by which Christians can fulfill the biblical mandate to evangelize and transform peoples. The next five

chapters consider the significant sociological issues that have arisen in the Christian encounter with Buddhist peoples. The final three suggest some strategic ways forward for effective evangelism in the Buddhist world. May this book challenge the international Christian community to find better ways of relating to and approaching people of other faiths! This volume seeks to answer the question of how the Buddhist monks in today's Sri Lanka—given Buddhism's traditionally nonviolent philosophy—are able to participate in the fierce political violence of the Sinhalese against the Tamils.

Modern Chinese history told from a Buddhist perspective restores the vibrant, creative role of religion in postimperial China. It shows how urban Buddhist elites jockeyed for cultural dominance in the early Republican era, how Buddhist intellectuals reckoned with science, and how Buddhist media contributed to modern print cultures. It recognizes the political importance of sacred Buddhist relics and the complex processes through which Buddhists both participated in and experienced religious suppression under Communist rule. Today, urban and rural communities alike engage with Buddhist practices to renegotiate class, gender, and kinship relations in post-Mao China. This volume vividly portrays these events and more, recasting Buddhism as a critical factor in China's twentieth-century development. Each chapter connects a moment in Buddhist history to a significant theme in Chinese history, creating new narratives of Buddhism's involvement in the emergence of urban modernity, the practice of international diplomacy, the mobilization for total war, and other transformations of state, society, and culture. Working across an extraordinary thematic range, this book reincorporates Buddhism into the formative processes and distinctive character of Chinese history.

In *Buddhism and American Thinkers*, leading scholars explore Buddhist influences on the currents of American thought. The essays presented here advance a continuing dialogue between East and West and show how Buddhism has made ever-deepening penetrations into the very substratum of American thinking. Contributors to this volume share a concern with ideas that constitute a common core of Buddhist and American philosophy. Each relates Buddhism to a factor in American thinking, exploring the numerous ways in which Buddhist perspectives on personal identity, human suffering, and alienation, the nature of compassionate love, and the social nature of ultimate reality amplify and clarify perspectives found in the "golden age" of American philosophy, particularly in the thought of William James, Josiah Royce, Alfred North Whitehead, John Dewey, Charles Sanders Peirce, and Charles Hartshorne, the great living American philosopher. *Buddhism and American Thinkers* brings new light to the interrelationship between an ancient orientation to life and the very deepest ideas in the history of American thought.

A book written out of despair, hurt and inner turmoil. God allowed my healing to come through pen and paper. Filled of passion, pain, romance and true Godly love. You will not be able to put it down .. Open the pages and start a witness of him .My journey in life with God.

A study of the Buddhist religion, designed for below average year 7 and 8 students of religious education. It is part of the "Seeking Religion" series, which seeks to offer balanced, factual and culturally sensitive approaches to the major world religions, along with opportunities for students to explore and reflect upon their own beliefs and values. Topics covered in this text include Siddhartha's quest; enlightenment; the Buddha's teaching (Dharma); the community (Sangha); meditation; festivals; and Buddhist scriptures.

Read PDF Seeking Religion The Buddhist Experience

Interactive activities for wholeclass teaching of the 'Seeking Religion' series.

A Companion to Buddhist Philosophy is the most comprehensive single volume on the subject available; it offers the very latest scholarship to create a wide-ranging survey of the most important ideas, problems, and debates in the history of Buddhist philosophy. Encompasses the broadest treatment of Buddhist philosophy available, covering social and political thought, meditation, ecology and contemporary issues and applications Each section contains overviews and cutting-edge scholarship that expands readers understanding of the breadth and diversity of Buddhist thought Broad coverage of topics allows flexibility to instructors in creating a syllabus Essays provide valuable alternative philosophical perspectives on topics to those available in Western traditions

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