

Buddhism For Dummies

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Buddhism For Dummies

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There are deeds of body, speech or mind that lead to others' harm, one's own harm, or to the harm of both. Such deeds are called bad (or 'unwholesome') kamma. They are usually motivated by greed, hatred or delusion. Because they bring painful results, they should not be done.

Buddhism for Beginners

The experience generally occurs during intensive meditation, when the attention has become one-pointed, and follows extensive study and understanding of the basic truths of Buddhism (especially the three marks of existence: selflessness, impermanence, and dissatisfaction).

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