



BUDDHISM/ZEN

What is Buddhism?

Buddhism is an Indian religion based on a series of original teachings attributed to Gautama Buddha. It originated in ancient India as a Sramana tradition sometime between the 6th and 4th centuries BCE, spreading through much of Asia. It is the world's fourth-largest religion with over 520 million followers, or over 7% of the global population, known as Buddhists. Buddhism encompasses a variety of traditions, beliefs and spiritual practices largely based on the Buddha's teachings (born Siddhārtha Gautama in the 5th or 4th century BCE) and resulting interpreted philosophies.

Two major extant branches of Buddhism are generally recognized by scholars: Theravāda (Pali: "The School of the Elders") and Mahāyāna (Sanskrit: "The Great Vehicle").

Rev. Dr. Brenda Shoshanna on Zen Wisdom (Part 1) - <https://youtu.be/8C88ykdSwVs>

Rev. Dr. Brenda Shoshanna speaks about the application of Zen wisdom to relationships--both inner and outer--with others and ourselves. With stories and practical real-life examples, she illustrates how we can learn to 'Love' better. Rev Brenda shares how everyone we encounter is really a teacher coming to us with a lesson to be gleaned from the situation of how to increase our capacity and ability to actually BE Loving - coming from the heart in the wide variety of life situations.

Rev. Dr. Brenda Shoshana on Zen Wisdom (Part 2) - <https://youtu.be/9VzkP6N8nd8>

Rev. Dr. Brenda led us through mental exercises to question ourselves and our own feelings, motivations, etc., within relationships with others and ourselves, and to access and apply the deeper Love that is sometimes hidden behind false beliefs and fears.

Main Office
Manhasset, NY 11030

All Faiths Seminary International
(Bursar Office)
PO Box 266
Lebanon, TN 37088

Phone: 212-866-3795
E-mail: infoallfaithsseminary.org@gmail.com
Website: www.allfaithsseminary.org