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THE PRIMARY BUDDHISM

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INTRODUCTION

What is Buddhism? It is the Buddha's teaching. What is known as Buddhism consists of three aspects, the doctrinal (*pariyatti*), the practical (*paṭipatti*) and the realizable (*paṭivedha*), which are interdependent and interrelated. Buddhism can be studied and practiced progressively at three levels: (1) Primary level, (2) Intermediate level, and (3) Advanced level.

The topics that are covered at the Primary level include

- Paying homage to the Buddha,
- Taking the Three Refuges (Buddha, Dhamma, and Sangha),
- Taking Five Precepts and Eight Precepts,
- The Buddha's Nine Special Qualities,
- The Dhamma's Six Special Qualities,
- The Sangha's Nine Special Qualities,
- A brief history of Buddha,
- Offering food to the Buddha and the Sanghas,
- How to abstain from ten evil actions (unwholesome deeds),
- How to cultivate ten wholesome deeds,

- How to practice metta (loving-kindness), karuna (compassion), mudita (appreciative joy), and uppekkha (equanimity),
- Understanding the Four Noble Truths in brief and so on.

The subject matter in the Primary level should be practiced and mastered before moving on the Intermediate and Advanced levels.

Therefore, using the book, "THE BASIC TEACHINGS OF THERAVĀDA BUDDHISM" by me, I have created this book, "THE PRIMARY BUDDHISM."

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Sayadaw U Jotalankara