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KEY=PRECEPTS - SAWYER DRAKE

TO CHERISH ALL LIFE

A BUDDHIST VIEW OF ANIMAL SLAUGHTER AND MEAT EATING

THE TEN PILLARS OF BUDDHISM

Windhorse Publications (UK) "A handy and easily-readable introduction to Buddhist ethics"--Damien Keown, "Buddhist Studies Review" In a world marked by rapid changes, shifting lifestyles and values, how can we be sure that we are making the best choices for ourselves, others and the world? This small book explores ten basic Buddhist ethical principles and the liberating view of ourselves contained within them. Buddhist ethics are not a list of laws imposed from outside, but guiding principles we can apply to everyday situations. Emphasising personal responsibility and choice, not blind obedience, the Buddhist path of ethics leads us into a deeper understanding of ourselves and the world around us. To apply them is to put to the test the promise of the Buddha: that by our own efforts we can transform our actions, emotions and thoughts to allow our compassion and wisdom to shine through all that we do.

WITHOUT AND WITHIN

QUESTIONS AND ANSWERS ON THE TEACHINGS OF THERAVĀDA BUDDHISM

TO CHERISH ALL LIFE

A BUDDHIST CASE FOR BECOMING VEGETARIAN

HarperCollins Discusses the Buddhist belief in the unity of all living creatures, examines the morality of eating meat, and argues that vegetarianism respects the holiness of life

THE NEW BUDDHISM

THE WESTERN TRANSFORMATION OF AN ANCIENT TRADITION

Oxford University Press This text outlines the development and spread of ancient Buddhism. It describes its journey west and its evolution here, sketching the lives and teachings of some of Western Buddhism's most important figures.

THE MIND OF CLOVER

ESSAYS IN ZEN BUDDHIST ETHICS

North Point Press In Taking the Path of Zen, Robert Aitken provided a concise guide to zazen (Zen meditation) and other aspects of the practice of Zen. In The Mind of Clover he addresses the world beyond the zazen cushions, illuminating issues of appropriate personal and social action through an exploration of the philosophical complexities of Zen ethics. Aitken's approach is clear and sure as he shows how our minds can be as nurturing as clover, which enriches the soil and benefits the environment as it grows. The opening chapters discuss the Ten Grave Precepts of Zen, which, Aitken points out, are "not commandments etched in stone but expressions of inspiration written in something more fluid than water." Aitken approaches these precepts, the core of Zen ethics, from several perspectives, offering many layers of interpretation. Like ripples in a pond, the circles of his interpretation increasingly widen, and he expands his focus to confront corporate theft and oppression, the role of women in Zen and society, abortion, nuclear war, pollution of the environment, and other concerns. The Mind of Clover champions the cause of personal responsibility in modern society, encouraging nonviolent activism based on clear convictions. It is a guide that engages, that invites us to realize our own potential for confident and responsible action.

FOOD OF BODHISATTVAS

BUDDHIST TEACHINGS ON ABSTAINING FROM MEAT

Shambhala Publications Based on the teachings of the Buddha, this book offers the most compelling and impassioned indictment of meat-eating to be found in Tibetan literature and is pertinent to anyone interested in vegetarianism as a moral or spiritual issue. The Buddha's teachings show how destructive habits can be examined and transformed gradually from within. The aim is not to repress one's desire for meat and animal products by force of will, but to develop heartfelt compassion and sensitivity to the suffering of animals, so that the desire to exploit and feed on them naturally dissolves. There are two texts presented here. One is an excerpt from Shabkar's Book of Marvels, consisting of quotations from the Buddhist scriptures and the teachings of masters of Tibetan Buddhism that argue against the consumption of meat, with Shabkar's commentary. The second, the Nectar of Immortality, is Shabkar's discourse on the importance of developing compassion for animals.

BUDDHIST ETHICS: A VERY SHORT INTRODUCTION

Oxford University Press The latter half of the twentieth century witnessed a growing interest in Buddhism, and it continues to capture the imagination of many in the West who see it as either an alternative or a supplement to their own religious beliefs. For complex cultural and historical reasons, ethics has not received as much attention in traditional Buddhist thought as it has in the West, and publications on the subject are few and far between. Here, Damien Keown, author of Buddhism: A Very Short Introduction, illustrates how Buddhism might approach a range of fascinating moral issues ranging from abortion and suicide to cloning.

GOOD QUESTION GOOD ANSWER

This is a very popular book on questions and answers on basic Buddhism. Read the answers to questions that people often ask about the Buddha's Teachings with Venerable S. Dhammika. The book covers topics such as:- What is Buddhism? Is Buddhism scientific? Buddhism is just a type of Hinduism. Is this true? did buddha copy the idea of kamma from Hinduism? Do you Buddhists believe in god? What does the Buddha say about the origin of the universe? What does Buddhism say about abortion? Is sex before marriage a type of sexual misconduct? What does Buddhism say about birth control? Where do we humans come from and where are we going? If Buddhism is so good why are some Buddhist countries poor? If a woman is raped or if she knows that her child is going to be deformed, wouldn't it be better to stop the pregnancy? Basic Buddhist Concepts, Buddhism and the god Idea, The Five Precepts, Rebirth, Meditation, Wisdom and Compassion, Vegetarianism, Good Luck and Fate and Becoming a Buddhist.

CHINESE BUDDHISM

A THEMATIC HISTORY

University of Hawaii Press What are the foundational scriptures and major schools for Chinese Buddhists? What divinities do they worship? What festivals do they celebrate? These are some of the basic questions addressed in this book, the first introduction to Chinese Buddhism written expressly for students and those interested in an accessible yet authoritative overview of the subject based on current scholarship. After presenting the basic tenets of the Buddha's teachings and the Chinese religious traditions, the book focuses on topics essential for understanding Chinese Buddhism: major scriptures, worship of buddhas and bodhisattvas, rituals and festivals, the monastic order, Buddhist schools such as Tiantai and Chan, Buddhism and gender, and current trends—notably humanistic Buddhism in Taiwan and the resurgence of Buddhism in post-Mao China. Each chapter ends with discussion questions and suggestions for further reading. A convenient glossary of common terms, titles, and names is included.

BUDDHISM AND ECOLOGY

THE INTERCONNECTION OF DHARMA AND DEEDS

Harvard Univ Ctr for the The authors explore theoretical and methodological issues and analyze the prospects and problems of using Buddhism as an environmental resource in both theory and practice.

THE BUDDHIST WORLD OF SOUTHEAST ASIA

SECOND EDITION

State University of New York Press A wide-ranging, readable account of the Theravada Buddhist thought and practice in the Southeast Asian societies of Thailand, Myanmar (Burma), Laos, Cambodia, and Sri Lanka.

MAHAYANA BUDDHISM

THE DOCTRINAL FOUNDATIONS

Routledge Originating in India, Mahayana Buddhism spread across Asia, becoming the prevalent form of Buddhism in Tibet and East Asia. Over the last twenty-five years Western interest in Mahayana has increased considerably, reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen. Paul Williams' Mahayana Buddhism is widely regarded as the standard introduction to the field, used internationally for teaching and research and has been translated into several European and Asian languages. This new edition has been fully revised throughout in the light of the wealth of new studies and focuses on the religion's diversity and richness. It includes much more material on China and Japan, with appropriate reference to Nepal, and for students who wish to carry their study further there is a much-expanded bibliography and extensive footnotes and cross-referencing. Everyone studying this important tradition will find Williams' book the ideal companion to their studies.

BRANCHING STREAMS FLOW IN THE DARKNESS

ZEN TALKS ON THE SANDOKAI

Univ of California Press A new book by the author of "Zen Mind, Beginner's Mind" offers a posthumous sequel to Shunryu Suzuki's seminal work on Buddhism, collecting his insights on the famous eighth-century Zen poem Sandokai. Illustrations.

BUDDHISM AND MEDICINE

AN ANTHOLOGY OF PREMODERN SOURCES

Columbia University Press From its earliest days, Buddhism has been closely intertwined with medicine. Buddhism and Medicine is a singular collection showcasing the generative relationship and mutual influence between these fields across premodern Asia. The anthology combines dozens of English-language translations of premodern Buddhist texts with contextualizing introductions by leading international scholars in Buddhist studies, the history of medicine, and a range of other fields. These sources explore in detail medical topics ranging from the development of fetal anatomy in the womb to nursing, hospice, dietary regimen, magical powers, visualization, and other healing knowledge. Works translated here include meditation guides, popular narratives, ritual manuals, spells texts, monastic disciplinary codes, recipe inscriptions, philosophical treatises, poetry, works by physicians, and other genres. All together, these selections and their introductions provide a comprehensive overview of Buddhist healing throughout Asia. They also demonstrate the central place of healing in Buddhist practice and in the daily life of the premodern world.

JAPANESE RINZAI ZEN BUDDHISM

MYŌSHINJI, A LIVING RELIGION

BRILL Japanese Rinzai Zen Buddhism gives a new perspective on contemporary Japanese Zen Buddhism. Ideas, ritual practices, temples and interactions between the clergy, the laity and the institution are investigated as living representations of a unique and yet common Japanese religion.

A MONK'S GUIDE TO A CLEAN HOUSE AND MIND

Penguin UK Cleanliness is next to enlightenment. In this Japanese bestseller a Buddhist monk explains the traditional cleaning techniques that will help cleanse not only your house - but your soul. 'We remove dust to sweep away our worldly desires. We scrub dirt to free ourselves of attachments. We live simply and take time to contemplate the self, mindfully living each moment. It's not just monks that need to live this way. Everyone in today's busy world today needs it. The Zen sect of Buddhism is renowned for the cleanliness of its monks, but cleaning is greatly valued in Japanese Buddhism in general as a way to cultivate the mind. In this book, I introduce everyday cleaning methods typically employed in temples, while sharing what it's like to be a monk in training. This book will improve the condition not just of your own mind, but also the people around you. I hope readers will discover that cleanliness is an opportunity to contemplate oneself.'

THE EMINENT MONK

BUDDHIST IDEALS IN MEDIEVAL CHINESE HAGIOGRAPHY

University of Hawaii Press "In an attempt to reconstruct an elusive aspect of the medieval Chinese imagination, *The Eminent Monk* examines biographies of Chinese Buddhist monks, from the uncompromising ascetic to the unfathomable wonder-worker. The book treats representations of asceticism in biographies of Chinese monks, focusing particularly on attitudes toward sex, food, and clothing. It analyzes the image of the Buddhist thaumaturge in these biographies, including the monk's relationship to supernormal powers, spells, and miracles. Finally, it mines the hagiography for clues to monastic attitudes toward scholarship, including a discussion of education in the monasteries, debate, and the constraints on intellectual exchange within the monastic community." "While analyzing images of the monk in medieval China, the author addresses some questions encountered along the way: What are we to make of accounts in "eminent monk" collections of deviant monks who violate monastic precepts? Who wrote biographies of monks and who read them? How did different segments of Chinese society contend for the image of the monk and which image prevailed?" "By placing biographies of monks in the context of Chinese political and religious rhetoric, *The Eminent Monk* explores both the role of Buddhist literature in Chinese history and the monastic imagination that inspired this literature."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

THE WORLD OF BUDDHISM

BUDDHIST MONKS AND NUNS IN SOCIETY AND CULTURE EDITED BY HEINZ BECHERT AND RICHARD GOMBRICH ... [ET AL.].

BUDDHISM AND DEEP ECOLOGY

AuthorHouse

TEACHING BUDDHISM

NEW INSIGHTS ON UNDERSTANDING AND PRESENTING THE TRADITIONS

Oxford University Press Buddhist studies is a rapidly changing field of research, constantly transforming and adapting to new scholarship. This creates a problem for instructors, both in a university setting and in monastic schools, as they try to develop a curriculum based on a body of scholarship that continually shifts in focus and expands to new areas. *Teaching Buddhism* establishes a dialogue between the community of instructors of Buddhism and leading scholars in the field who are updating, revising, and correcting earlier understandings of Buddhist traditions. Each chapter presents new ideas within a particular theme of Buddhist studies and explores how courses can be enhanced with these insights. Contributors in the first section focus on the typical approaches, figures, and traditions in undergraduate courses, such as the role of philosophy in Buddhism, Nagarjuna, Yogacara Buddhism, tantric traditions, and Zen Buddhism. They describe the impact of recent developments-like new studies in the cognitive sciences-on scholarship in those areas. Part Two examines how political engagement and ritual practice have shaped the tradition throughout its history. Focus then shifts to the issues facing instructors of Buddhism-dilemmas for the scholar-practitioner in the academic and monastic classroom, the tradition's possible roles in teaching feminism and diversity, and how to present the tradition in the context of a world religions course. In the final section, contributors offer stories of their own experiences teaching, paying particular attention to the ways in which American culture has impacted them. They discuss the development of courses on American Buddhism; using course material on the family and children; the history and trajectory of a Buddhist-Christian dialog; and Buddhist bioethics, environmentalism, economic development, and social justice. In synthesizing this vast and varied body of research, the contributors in this volume have provided an invaluable service to the field

OPENING THE DOOR OF YOUR HEART

AND OTHER BUDDHIST TALES OF HAPPINESS

Hachette UK The whole world has fallen in love with this international bestseller - hundreds of thousands of copies have been sold across 25 countries. Now it's Australia's turn to rediscover this jewel of a book on mindfulness. In times of uncertainty, words of comfort are essential, and the stunning overseas sales of this title are testament to its universal appeal. These modern tales of hope, forgiveness, freedom from fear and overcoming pain cleverly relate the timeless wisdom of the Buddha's teachings and the path to true happiness in a warm and accessible way. Ajahn Brahm was born and raised in the West and in his more than thirty years as a Buddhist monk he has gathered many poignant, funny and profound stories. He has tremendous ability to filter these stories through the Buddha's teaching so that they can have meaning for all sorts of readers. There are many thousands of Australians who don't even know that they need this book yet, but who will no doubt embrace it just as overseas readers have. It is the perfect gift book as there is truly something in it for everyone. 'Ajahn Brahm is the Seinfeld of Buddhism' - Sumi Loundon, editor of *Blue Jean Buddha: Voices of Young Buddhists* and *The Buddha's Apprentices*

THE ORIGINS OF BUDDHIST MONASTIC CODES IN CHINA

AN ANNOTATED TRANSLATION AND STUDY OF THE CHANYUAN QINGGUI

University of Hawaii Press *The Origins of Buddhist Monastic Codes in China* contains the first complete translation of China's earliest and most influential monastic code. The twelfth-century text *Chanyuan qinggui* (Rules of Purity for the Chan Monastery) provides a wealth of detail on all aspects of life in public Buddhist monasteries during the Sung (960-1279). Part One consists of Yifa's overview of the development of monastic regulations in Chinese Buddhist history, a biography of the text's author, and an analysis of the social and cultural context of premodern Chinese Buddhist monasticism. Of particular importance are the interconnections made between Chan traditions and the dual heritages of Chinese culture and Indian Buddhist Vinaya. Although much of the text's source material is traced directly to the Vinayas and the works of the Vinaya advocate Daoan (312-385) and the Lú master Daoxuan (596-667), the *Chanyuan qinggui* includes elements foreign to the original Vinaya texts—elements incorporated from Chinese governmental policies and traditional Chinese etiquette. Following the translator's overview is a complete translation of the text, extensively annotated.

BUDDHIST MONASTIC LIFE

ACCORDING TO THE TEXTS OF THE THERAVADA TRADITION

Cambridge University Press This 1991 book provides a brief yet detailed account of the ideal way of life prescribed for Buddhist monks and nuns in the Pali texts of the Theravada school of Buddhism. The author describes the way in which the Buddha's disciples institutionalized his teachings about such things as food, dress, money, chastity, solitude and discipleship. This tradition represents an ideal of religious life that has been followed in South and Southeast Asia for over two thousand years. In previous writing on the early period of Buddhist monasticism, scholars have usually tried to give an historical account of the evolution of the monastic order, and so have seen the extant Vinaya texts as coming from distinct historical periods. This book takes a different approach by presenting a synchronic account, which allows the author to show that sources are in fact predominantly consistent and coherent.

BUDDHIST APPROACHES TO HUMAN RIGHTS

DISSONANCES AND RESONANCES

Transcript Verlag The demonstrations of monks in Tibet and Myanmar (Burma) in recent times as well as the age-old conflict between a predominantly Buddhist population and a Hindu minority in Sri Lanka raises the question of how the issues of human rights and Buddhism are related. The question applies both to the violation of basic rights in Buddhist countries and to the defense of those rights which are well-grounded in Buddhist teachings. The volume provides academic essays that reflect this neglected issue from the point of view of the three main Buddhist traditions: Theravada, Mahayana and Vajrayana. It provides multi-faceted and surprising insights into a rather unlikely relationship.

BUDDHISM FOR BEGINNERS

Shambhala Publications This easy-to-understand overview of the basics of Buddhism is an invaluable resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: · What is the goal of the Buddhist path? · What is karma? · If all phenomena are empty, does that mean nothing exists? · How can we deal with fear? · How do I establish a regular meditation practice? · What are the qualities I should look for in a teacher? · What is Buddha-nature? · Why can't we remember our past lives?

THE FAULTS OF MEAT

TIBETAN BUDDHIST WRITINGS ON VEGETARIANISM

Wisdom Publications Vegetarianism is a hotly debated topic within Buddhist circles. This book provides a valuable new contribution to the discussion with translations of thirteen Tibetan texts focused on the ethical problems associated with eating meat, coming from a wide variety of perspectives and lineages. Vegetarianism is an important topic of debate in Buddhist circles, with some arguing that Buddhists should avoid meat and others suggesting that it is acceptable. For the most part, however, this debate has been conducted in the West without reference to traditional literature on the subject. As the thirteen texts within The Faults of Meat show, the question of vegetarianism was the subject of considerable debate in premodern Tibet, with a wide variety of arguments marshaled against meat (and a few in favor). Rather than a quixotic, modern concern, these texts reveal vegetarianism as a significant, ongoing issue for Tibetans from a variety of times, places, and religious affiliations. The authors recognize both the ethical difficulties that surround meat eating and also the practical and social challenges of maintaining a vegetarian diet. Readers will find the perspectives in The Faults of Meat strikingly relevant to contemporary discussions of vegetarianism. By giving English readers access to these Tibetan debates, this book introduces new approaches and solutions to a contentious and important topic in modern Buddhism.

WHAT BUDDHISM IS

Pariyatti This booklet contains the transcriptions of a series of three lectures given in 1951 by Sayagyi U Ba Khin. The lectures were given at the request of a religious study group headed by two Americans. They contain a summary of the life of the Buddha and his teachings.

BEING UPRIGHT

ZEN MEDITATION AND BODHISATTVA PRECEPTS

Shambhala Publications Being Upright takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb Anderson first introduces us to the fundamental ideas of Zen Buddhist practice. Who was Shakyamuni Buddha and what was his central teaching? What does it mean to be a bodhisattva and take the bodhisattva vow? Why should we confess and acknowledge our ancient twisted karma? What is the significance of taking refuge in Buddha, dharma, and sangha? The author explores the ten basic precepts, including not killing, not stealing, not lying, not misusing sexuality, and not using intoxicants. A gifted storyteller, Anderson takes us to the heart of situations, where moral judgments are not easy and we do not have all the answers. With wisdom and compassion, he teaches us how to confront the emotional and ethical turmoil of our lives.

BUDDHIST THOUGHT

A COMPLETE INTRODUCTION TO THE INDIAN TRADITION

Routledge Buddhist Thought guides the reader towards a richer understanding of the central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-to-date survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled sexual activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes Buddhist Thought crucial reading for all interested in Buddhism.

DHARMA RAIN

SOURCES OF BUDDHIST ENVIRONMENTALISM

Shambhala Publications A comprehensive collection of classic texts, contemporary interpretations, guidelines for activists, issue-specific information, and materials for environmentally-oriented religious practice. Sources and contributors include Basho, the Dalai Lama, Thich Nhat Hanh, Gary Snyder, Chögyam Trungpa, Gretel Ehrlich, Peter Mathiessen, Helen Tworkov (editor of Tricycle), and Philip Glass.

ETERNAL FOOD, THE

GASTRONOMIC IDEAS AND EXPERIENCES OF HINDUS AND BUDDHISTS

State University of New York Press The interdisciplinary approaches presented here investigate food in India and Sri Lanka for its wide ranging cultural meaning and uses. The authors examine food in religious and literary contexts, where saints, ritualists, poets, and the divine often provide grounds for a practically inexhaustible hermeneutics. The Eternal Food focuses on reflexive cultural expressions and personal experiences that food elicits in the region. Concerned with food as an [essence] and as an essential experience, the authors give special attention to Hindu saints for whom food, firmly grounded in moral ideals and practice, represents a cosmic divine principle at one level, and a most immediate and intimate material reality at another. In the cultural diversity of India, the authors work with several conceptual models and meanings of food. They demonstrate how it reflects common social understandings about social caste, the cure and prevention of ailments, its ability to alter moods and motivations, or affect innate personal dispositions, personal spiritual pursuits and attainments. In its sweep and depth, food presents a powerful cultural lens for seeing how practical, ritual, and spiritual spheres of life conjoin.

THE MYTH OF THE HOLY COW

Verso A book the government of India demands be ritually burned.

AN INTRODUCTION TO BUDDHISM

TEACHINGS, HISTORY AND PRACTICES

Cambridge University Press Unlike other studies, this work not only explores Buddhism's world views but attempts to show how it functions as a set of practices based on devotion, ethics, and meditation.

BUDDHISM BRIEFLY EXPLAINED

Melbourne Buddhist Centre This book introduces Buddhism by describing its approach to spiritual development and those who undertake the Buddhist path. It aims to make Buddhism more easily understood by those who might be unfamiliar with its objectives.

MINDFULLY FACING CLIMATE CHANGE

Independently Published In Mindfully Facing Climate Change, Bhikkhu Analayo offers a response to the challenges of climate change that is grounded in the teachings of early Buddhism and mindfulness meditation. Based on employing the teaching of the four noble truths as its main framework, it places facing climate change within the context of the eightfold path and provides detailed meditation instructions on how to build up mental resilience and balance.

TEACHINGS IN CHINESE BUDDHISM

Prabhat Prakashan A selection of translations of eight articles from five books in the Third volume of the Miao Yun Collection; namely "The Dharma is the Saver of the World", "The Three Essentials in Practising the Teaching of the Buddha", "The Buddha lives in the world", "To investigate the Dharma according to the Teachings of the Buddha" and "My view on Religions".

THE ESSENCE OF BUDDHISM

Prabhat Prakashan

ROAR OF THE TIGRESS

THE ORAL TEACHINGS OF REV. MASTER JIYU-KENNETT : WESTERN WOMAN AND ZEN MASTER

Shasta Abbey Buddhist Supplies This collection of oral teachings from one of the first Western women to be recognized as a Zen master, discusses the basic aspects of Soto Zen in a down-to-earth and practical manner. The book was transcribed from papers given during her lifetime.

FOOD OF SINFUL DEMONS

MEAT, VEGETARIANISM, AND THE LIMITS OF BUDDHISM IN TIBET

Studies of the Weatherhead East Asian Institute, Columbia University Tibetan Buddhism teaches compassion toward all beings, a category that explicitly includes animals. Slaughtering animals is morally problematic at best and, at worst, completely incompatible with a religious lifestyle. Yet historically most Tibetans--both monastic and lay--have made meat a regular part of their diet. In this study of the place of vegetarianism within Tibetan religiosity, Geoffrey Barstow explores the tension between Buddhist ethics and Tibetan cultural norms to offer a novel perspective on the spiritual and social dimensions of meat eating. Food of Sinful Demons shows the centrality of vegetarianism to the cultural history of Tibet through specific ways in which nonreligious norms and ideals shaped religious beliefs and practices. Barstow offers a detailed analysis of the debates over meat eating and vegetarianism, from the first references to such a diet in the tenth century through the Chinese invasion in the 1950s. He discusses elements of Tibetan Buddhist thought--including monastic vows, the Buddhist call to compassion, and tantric antinomianism--that see meat eating as morally problematic. He then looks beyond religious attitudes to examine the cultural, economic, and environmental factors that oppose the Buddhist critique of meat, including Tibetan concepts of medicine and health, food scarcity, the display of wealth, and idealized male gender roles. Barstow argues that the issue of meat eating was influenced by a complex interplay of factors, with religious perspectives largely supporting vegetarianism while practical concerns and secular ideals pulled in the other direction. He concludes by addressing the surge in vegetarianism in contemporary Tibet in light of evolving notions of Tibetan identity and resistance against the central Chinese state. The first book to discuss this complex issue, Food of Sinful Demons is essential reading for scholars interested in Tibetan religion, history, and culture as well as global food history.
