



## Welcome to Understanding Buddhism

We have tried to keep it fairly simple, but because of the profundity of the Buddhist Path, it may become difficult at times. This is where you need to connect with your teacher, discuss any problems you may have, and try to maintain a consistency, even to the degree of setting out a regime that enables you to have specific study periods.

Some words may seem difficult at first and may appear to be unpronounceable. We like to change those words into English words so please refer to the glossary we have enclosed with the first unit.

It is important to understand that we are Western, even though these are Teachings that come from the East, they are not cultural, they are about the truth of the way we exist – the “why’s” and “wherefore’s”.

Spirituality exists within all of us – it is just becoming awake to that spirituality.

*May whatever understanding that you derive from this course benefit yourself and all other sentient beings.*

*And may your passage through life become happier and more positive.*

