



The Life and Teachings of the Buddha: An Introductory Sutta Study Guide

Jeff Hardin

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With the increasing popularity of Buddhist meditation, many practitioners are turning to the original discourses of the Buddha for guidance, meditation instructions and inspiration. This book provides an introduction to the suttas (early Buddhist discourses) using selected texts from the Pali Canon translated into English. The Pali Canon is considered to be the oldest and most complete representation of the Dharma (the Buddha's teachings). The story of the Buddha's life and key aspects of the Dharma are explored in this sutta study guide. The book covers basic background information about Ancient India at the time of the Buddha and provides a framework for a critical approach to sutta study. Some of the most famous and cherished suttas are included. This guide was prepared for use during a daylong class taught at the Sati Center for Buddhist Studies. Audio recordings of the daylong and a digital copy of the book are available at www.sati.org.

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