

# Intro to Buddhism in the US Week 4: The Tibetan/Vajrayana tradition and Thich Nhat Hanh

Followups from last week on Zen

Distribution of Buddhists in the US [maps]

## Tibetan/Vajrayana

Why Tibetan is a lot harder [for me...] to talk about than Zen

History: multiple introductions; incessant influence of China

Structure of schools

Structure of belief (which is pretty straightforward...)

Practice of meditation, as best I can put it together  
Structured path and three levels of awareness

Preparatory practices and examples of five major  
bodhisattvas/deities

Advanced practices (yes, including esoteric tantra)

Thich Nhat Hanh

Basic life story, Plum Village

The Fourteen Mindfulness Trainings