

Intro to Buddhism in the US Week 3: The historical Buddha, the Pali Canon, and contemporary U.S. Theravadan

Classical story of the pre-ascetic life of the Buddha and why it probably isn't true

Assorted highlights for the remainder of his life which seem pretty credible

A bit of detail on the Pali Canon and the "Golden Age of Buddhist philosophy"

Sources of contemporary Theravadan modernism

Founding of Insight Meditation Society

Mindfulness based stress reduction and other secular approaches as spinoffs of IMS

