

The Influence of Buddhism on Western Spirituality

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Abstract. This article investigates the growing influence of Buddhism on Western spiritual practices. By analyzing the integration of Buddhist principles into Western mindfulness and meditation routines, the study explores how these practices contribute to spiritual well-being. The research draws on interviews with practitioners and surveys conducted across Europe and North America. Findings indicate that Buddhist teachings offer valuable insights into cultivating inner peace and resilience in the face of modern challenges. This study enhances our understanding of cross-cultural spiritual exchanges.

Keywords: Buddhism, Western Spirituality, Mindfulness, Meditation, Cross-Cultural Exchange

Introduction

Buddhism, with its profound philosophical insights and contemplative practices, has become increasingly influential in shaping Western spirituality. This article explores the ways in which Buddhist teachings have been integrated into Western spiritual practices, particularly in the realms of mindfulness and meditation. By examining the experiences of practitioners and drawing on empirical data from Europe and North America, the study highlights the transformative potential of Buddhist principles in promoting mental and emotional well-being. The research underscores the significance of cross-cultural spiritual exchanges in enriching contemporary religious landscapes.

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References

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