Main believes

Philosophical tradition based on the teachings of the Buddha. The main teachings emphasize <u>the cultivation of the mind</u> through <u>meditation</u> and observance of Buddhist ethics based on <u>the Law of</u> <u>Karma for the attainment of liberation</u>.

The main practices are:

- 1. to abstain from all evil actions,
- 2. strive to do all good deeds,
- 3. constantly purify the mind.