Buddhism

Living with the Gods: Change Your Life
An exploration of the figure of the Buddha and how his serene nature is reflected in Buddhist practices.

https://bbc.in/3b4UZPv

Naomi Appleton on the Buddha’s Four Noble Truths
Naomi discovers more about the Buddha’s Four Noble Truths, speaking to a Buddhist nun and tracing their link to mindfulness.

https://bbc.in/2lX6ZGW

The Way of The Buddha: Buddhism in Culture
First broadcast in 1996, this programme discusses the viability of Buddhist values in a modern society.

https://bbc.in/3b8d1k8

Gods, Guides And Gurus: Buddhism
Sarnath, the city that began as a temple, is explored here as the story of the Buddha’s first sermon is told.

https://bbc.in/396uUhX

Stories From the Afterlife: Buddhism
An explanation of the difference between the Buddhist ‘pure land’ and Nirvana, as well as the meaning of death.

https://bbc.in/2xPpLhc

Words of Faith: Buddhism
A programme exploring how Buddhism is taught, and how this goes on to shape followers’ understanding and experience of it.

https://bbc.in/2TYwAFO