



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>

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>

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>

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/2IX6ZGW>

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>

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>