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it initially developed in the tenth and eleventh centuries 2 but retains elements from earlier tibetan religious traditions 3 4 bon is a significant minority religion in tibet especially in the east as well as in the surrounding himalayan regions bon indigenous religion of tibet that when absorbed by the buddhist traditions introduced from india in the 8th century gave tibetan buddhism much of its distinctive character the original features of bon seem to have been largely magic related they concerned the propitiation of demonic forces tibetans commonly draw a distinction between three religious traditions 1 the divine dharma iha chos or buddhism 2 bon dharma bon chos and 3 the dharma of human beings mi the bon religion one of the oldest and most mysterious spiritual traditions in tibet predates buddhism and has been practiced for thousands of years with its animistic worldview a rich pantheon of gods and spirits and intricate ritual practices the bon tradition offers a unique glimpse into the spiritual heritage of tibet dr alexander berzin 23 53 introduction this evening i have been asked to speak about the bon tradition and its relation to buddhism when his holiness the dalai lama speaks of the tibetan traditions he often refers to the five traditions of tibet the nyingma kagyu sakya gelug and bon it initially developed in the tenth and eleventh centuries but retains elements from earlier religious traditions bon is a significant minority religion in tibet especially in the east as well as in the surrounding himalayas the relationship between bon and tibetan buddhism has been a subject of debate bon yungdrung bon the eternal tradition by john myrdhin reynolds the ancient pre buddhist religion of central asia and tibet its history teachings and literature eastern religions buddhism bon views 3 655 349 updated may 21 2018 bon there are two organized religious traditions in tibet buddhism and a faith that is referred to by its tibetan name bon the bon tradition has a much longer history in tibet than the bhante tradition of buddhism according to our tradition the bon tradition was founded by the great teacher tonpa shenrab miwo 18 000 years ago in olmo lungring ol mo lung ring on the eastern edge of the land of tagzig stag gzig to the west of tibet bon or bön tibetan  $\prod$  wylie bon  $p^n ø$  n is a branch of tibetan vajrayana the oral history says guru rinpoche incorporated bon into tibetan forms along with the nyingma tradition has three doors to bon s spread tazig olm lung ring as the first bön is an ancient yet thriving tradition given to us by enlightened beings and handed down from generation to generation bön has hundreds of volumes of sacred texts known as the kangyur and the tengyur that are a vital repository of teachings healing and meditative practices and much more bön tibet s indigenous belief system is a high form of religious ritualism primarily concerned with righting the causes of human ailment and misfortune and coexisting with the underlying forces of the universe the bon foundation strives to help preserve the culture and traditions of bon the ancient indigenous religion of tibet we are committed to supporting menri monastery the administrative and spiritual world center of bon by supporting menri monastery s monks nuns children grounds and projects bon bon is often said to be the indigenous religion of the himalayan region preserving beliefs and practices that predate the introduction of buddhism most venal and unforgivable to many buddhists is the bonpos those who practice bon claim that their tradition predates the lineages of shakyamuni buddha by several thousand years and represents the teachings of the enlightened persian prince shenrab miwoche quite a story to swallow from primitive local animists obon sometimes just called bon is a buddhist festival that celebrates the time when the spirits are able to return to earth and be with their families this is a large family holiday and many japanese people will travel to

their family homes clean the graves of ancestors and leave offerings at buddhist shrines obon is a festival and period in august for buddhist ceremonies venerating a family s ancestors many consider that the spirits of the ancestors return to be with their families during obon it s also known as bon festival roughly translated as to rise up and help in meaning the tradition of bon odori itself is said to go back to the muromachi period 1336 1573 as a way to entertain the crowds the songs and dance moves are to honor ancestors over time the dances religious connotation has diminished but it remains a staple of summer in japan regional customs and dances 13 th to 15 th august other name obon holiday type not national holiday the bon festival is held to pray for the repose of the souls of one s ancestors it s one of the biggest traditional events during the year along with new year s it s sometimes called o bon or urabon december 15 2022 travel guides the obon festival □□ also known as bon festival is an annual japanese holiday that commemorates and remembers deceased ancestors it is believed that their spirits return at this time to visit their relatives chochin paper lanterns are hung to guide the spirits and obon dances bon odori are performed

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the bon foundation strives to help preserve the culture and traditions of bon the ancient indigenous religion of tibet we are committed to supporting menri monastery the administrative and spiritual world center of bon by supporting menri monastery s monks nuns children grounds and projects

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obon sometimes just called bon is a buddhist festival that celebrates the time when the spirits are able to return to earth and be with their families this is a large family holiday and many japanese people will travel to their family homes clean the graves of ancestors and leave offerings at buddhist shrines

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13 th to 15 th august other name obon holiday type not national holiday the bon festival is held to pray for the repose of the souls of one s ancestors it s one of the biggest traditional events during the year along with new year s it s sometimes called o bon or urabon

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