

## What is Buddhism?

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For SGI members, Buddhism is a practical philosophy aimed at awakening people to the limitless potential and value of their own lives. Practicing Buddhism brings about a positive transformation in the depths of an individual's life, transforming fear into courage, deluded impulses into wisdom and egotism into compassion.

Buddhism begins with individuals deciding to take responsibility for their own individual lives, reforming first themselves and their immediate surroundings and relations, and then gradually extending their wisdom, courage and compassion into a wider sphere.