The meaning of Humanistic Buddhism is that which human beings need. In this case, the needs are clothing, eating, living and walking. These have all been tremendously influenced by Buddhism.

**Food:**

The Eastward diffusion of Buddhism brought with it a majority of the fruits and vegetables eaten daily today.

Buddhists’ eating congee for breakfast was inspired by the bowl of rice and milk that saved the ascetic Buddha’s life.

Chinese Tea Culture comes from Buddhist Monastery tradition where it started as a ceremonial welcome.

In Chinese Buddhism, vegetarianism advocates the spirit of compassion strengthened by the influence of one of China’s most important schools of thought, Confucianism.

Buddhist advocacy of not killing demonstrates the equality, compassion, and oneness befitting all lives.

**Clothing:**

The changshan robes worn by Chinese monastics have been recognised as the distinctive elements of Chinese culture.

Particularly during the Tang dynasty, the combination of Buddhism and Chinese culture caused changes in the style and colour of fashionable clothing.

Womens fashion was inspired by Buddhist art, particularly the clothing and jewels of the Bodhisattvas.

“Having seen the animal alive, how can one bear to eat its flesh?”

In Chinese Buddhism, vegetarianism advocates the spirit of compassion strengthened by the influence of one of China’s most important schools of thought, Confucianism.
Housing:

The first Buddhist temple in China was White Horse Monastery built during the Eastern Han Dynasty. Originally an imperial guest house, the arrival of two Indian monastics, Kasyapa-Matanga and Dharmaratna, turned it into a temple and place of cultivation for Chinese monastics. Many of the monasteries are now considered treasures of Chinese culture.

In Chinese Buddhism, the

3,000
demeanours

and

80,000
subtle actions
denote the appropriate conduct during daily activities.

Walking:

Walk like the Wind

Stand like a Pine

Sit like a Bell

Recline like a Bow

5 sessions of daily practice

3 regular meals

morning and evening chanting

It is essential that Humanistic Buddhism caters to the needs of people when establishing formalities and regulations in their daily lives to make practice possible for everyone.

Chapter 4