

**Buddhist Philosophy and Its Application in Practice**

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**Abstract:** The purpose of the paper is to create awareness in people that Buddha's philosophy should not be narrowed to intellectual groups. The application of Buddha's teachings is for the benefit of all mankind including laypersons. The main focus will be on practice of Metta and Chhanti Paramita of Bodhi practice. The paper will create awareness among people that Learning Buddha's teaching should not be regarded as an academic degree and limited to intellectual group. It will help to understand Buddha's teaching as an art of living rather than a subject of academic studies.