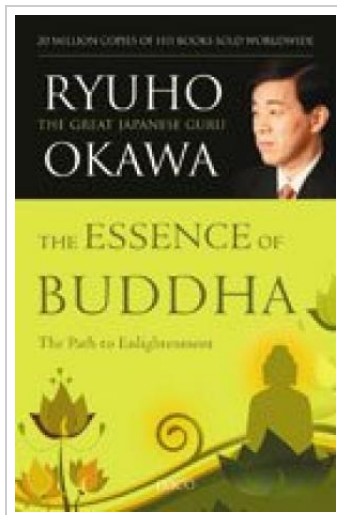




The Essence of Buddha

By Ryuho Okawa

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. The Essence Of Buddha is about living life with meaning and purpose. It offers a contemporary interpretation of the way to enlightenment, written by a highly revered spiritual leader. The fundamental tenets of the Buddhist understanding of life, such as The Eightfold Path, The Six Paramitas and the Laws of Causality, are clearly explained in modern and accessible terms, along with the need for self-reflection, the nature of karma and reincarnation, and other teachings of the Buddha. Enlightenment is a potential achievement for every sentient being. The path towards it is an expansion of consciousness, moving from material concerns to an increased awareness of the unseen spiritual reality. This, and the practice of a love that gives, rather than just expecting to be loved, is the only path to happiness, and a better world. Printed Pages: 212.



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