



Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment

N Louis Eason

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This book is a guide to help anyone learn Buddhism. Whether you are an expert or a novice, you will benefit from this book. Buddhism is often considered a religion by new practitioners. For many Buddhists it is more of a way of life than a religion. Buddhists believe meditation and other practices will lead to changes in yourself. These changes are aimed at creating awareness, wisdom, and kindness within in order to reach spiritual enlightenment. Buddhism represents the end of suffering for anyone able to attain enlightenment because the person no longer dwells on what they lack, but learns to live with the reality of what is, without needs, wants, or desires. That is what this book is all about

In **Buddhism: Beginner's Guide to Understanding the Essence of True Enlightenment** by: N. Louis Eason, you will learn

The Basics and Origins of Buddhism
The Origins of the Buddha
The Core Teachings of Buddhism
The Four Noble Truths and Bodhisattva Vows
The Noble Eight-fold Path
The Precepts of Buddhism
The 3 Schools of Buddhism
The 3 Treasure of Buddhism
The 3 Poisons of Buddhism
Exercises for Mindfulness
Exercises for Meditation
Reincarnation and Karma and much, much more

Buddhism is often considered a religion by new practitioners. For many Buddhists it is more of a way of life than a religion. Buddhists believe meditation and other practices will lead to changes in yourself. These changes are aimed at creating awareness, wisdom, and kindness within in order to reach spiritual enlightenment. Buddhism represents the end of suffering for anyone able to attain enlightenment because the person no longer dwells on what they lack, but learns to live with the reality of what is, without needs, wants, or desires.

Here Is a Preview of What You Will Learn

What is Buddhism?
Who Was Buddha?
What are the Teachings of Buddhism?
Noble Truths and Bodhisattva Vows
Noble Eight-fold Path
The Precepts of Buddhism
The 3 Schools of Buddhism
The 3 Treasure of Buddhism
The 3 Poisons of Buddhism
Exercises for Mindfulness
Exercises for Meditation
What is Reincarnation? and much, much MORE!!

I wish you joy, peace, and many blessings on your journey towards enlightenment See you inside! - N Louis Eason

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