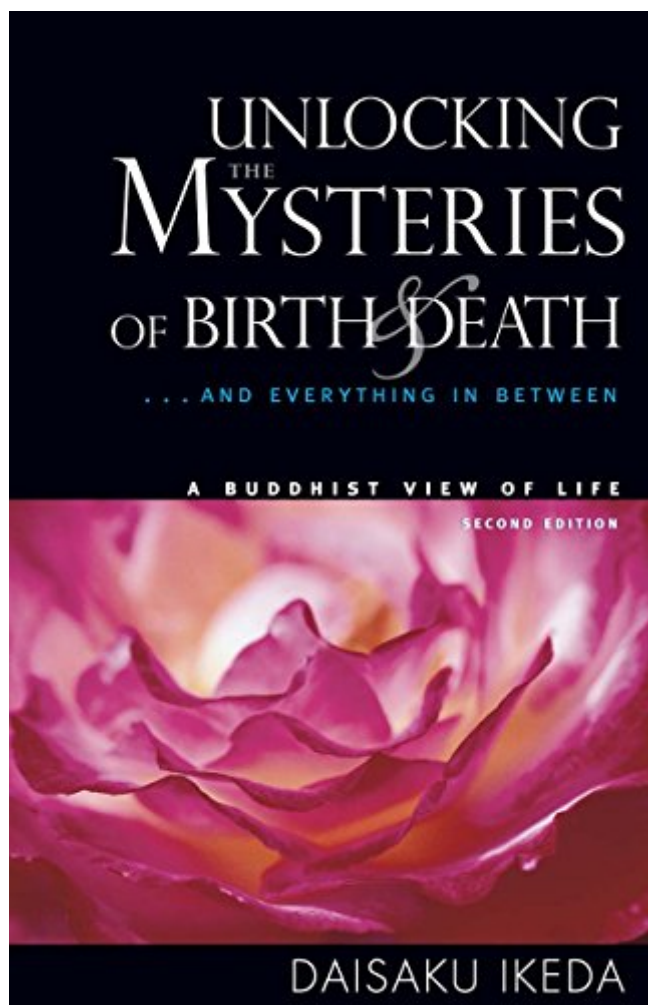


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# Unlocking The Mysteries Of Birth And Death: A Buddhist View Of Life



## Synopsis

Buddhism started with Shakyamuni's realization that birth, aging, sickness and death are universal sufferings of life that all human beings are destined to face. They are considered as factors that lead to our unhappiness and have been abhorred. Buddhism, Nichiren Buddhism in particular, however, teaches that there can be no true happiness or enlightenment without earthly desires. Ikeda delves into each of the four sufferings and offers insight on how these unavoidable sufferings can be transformed into the causes and sources of wisdom and personal fulfillment. Ikeda also offers the concept of the tenth world of Buddhism to shed light on the unlimited potential of human beings and explains the Buddhist perspectives on human consciousness and Nichiren Buddhism.

## Book Information

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## Customer Reviews

This is the first book I read when I started practicing Nichiren Buddhism with the SGI over 6 years ago, and one I revisit and learn from every year. Daisaku Ikeda clearly addresses a range of key Nichiren Buddhist concepts in an accessible manner, without reducing the depth and wisdom in this

life-affirming philosophy. An excellent (and inspiring) choice for those interested in the practice or interested in simply understanding various ways to approach daily challenges and broader societal issues. Ikeda demonstrates how Buddhism not only accords with the latest advances in various sciences, but provides new ways to practically transform the deepest struggles that have affected human beings for generations.

IF YOU WANT TO UNDERSTAND YOUR LIFE AND THE CIRCUMSTANCES THAT WE HAVE TO DEAL WITH EACH, GET THIS BOOK. WE ARE THE SOLUTION TO THE WORLD'S PROBLEM.

Unlocking the Mysteries of Birth & Death...and everything in between, demonstrates the "Universal Enlightenment" espoused by Nichiren Daishonin in 1253. Knowing the path of "Nam-Myoho-Renge-Kyo" is further enhanced by reading the practical application of Nichiren's Buddhist practice in this book. Nichiren Buddhism is all about victory in this lifetime. With President Ikeda's help, this book serves to show how to change karma into purposeful mission and obstacles into life enhancing experiences. Perhaps the most valuable thing I learned from this book is a whole new appreciation of time and the eternity-of-life contained within each life moment. The author on page 105 points to our lack of power and wisdom as the source of our real cause of unhappiness. Then he goes on to explain in graphic detail how understanding the principle of "three-thousand-realms-in-a-single-moment-of-life gives rise to understanding life itself. I highly recommend this clearly written book to anyone wanting to take the next step to understanding oneself and life.

I have been an SGI member for the past 20 years and this book is a must have for anyone that is interested in the SGI or Buddhist belief systems about Birth and Death

As a practicing Buddhist, I found this book to have the answers to many of my questions. I now have in book form and on CD. It is down to earth but at the same time very deep reading. The first time I read it was like opening a window to great new concepts. Now I have read it several more times and each time it answers more questions and sends me on a journey of discovery. Enjoy the journey!

Stretching my understanding of Buddhism through a diverse method of writing. Can't share that it was a "good read

I would recommend the reading of this book to everyone, everywhere. It broadens one's understanding of life and puts it in its proper perspective. I have a much better understanding of Nichiren Buddhism and its philosophies after reading this book. Very enlightening.

I am touched by the Buddhist principles that we are all Buddhas inside, and creating a world in which we respect each other is paramount. The chanting of Nam Myoho Renge Kyo is key.

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