



The Teachings of Buddha

Sant Dr. Kumar

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Sermons given by Lord Buddha called DHAMMAPADA presented in the form of English poetry. Lord Buddha relinquished his entire kingdom in search of nirvana, which is the ultimate path to get deliverance from this difficult cycle of birth and death. Human beings yearn for pleasure (sukha), but they get suffering and grief (dukha) due to their ego (ahankar) and incessant yearning for materialistic things (trishna). According to Lord Buddha, the only way to achieve deliverance from this tedious process of rebirth is to abandon all desires and attachments and resort to meditation. This is the only way to be absolved of the cycle of life and death and achieve eternal bliss and happiness. Dhammapada entails the teachings of Lord Buddha which were given in Varanasi in India after he attained enlightenment. These teachings were originally written in Pali language and were translated into various languages later. The Teachings of Buddha is a collection of the same 423 sermons delivered by Lord Buddha. The sermons have been translated into English poetry and presented in 26 chapters based on the different attributes of man.

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