



# The Essence of Buddha: The Path to Enlightenment

*Ryuho Okawa*

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## **The Essence of Buddha: The Path to Enlightenment** Ryuho Okawa

Ryuho Okawa is known for his wisdom, compassion and commitment to educating people to think and act in spiritual and religious ways. *The Essence of Buddha* presents his exposition of enlightenment—what it is, what it is not, the futility of self-denial, and the place of happiness. This is followed by a modern interpretation of accepted Buddhist ways of living life to bring both enlightenment and happiness. There are also explanations of the nature of reincarnation and karma, as well as life and death from a Buddhist point of view.

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