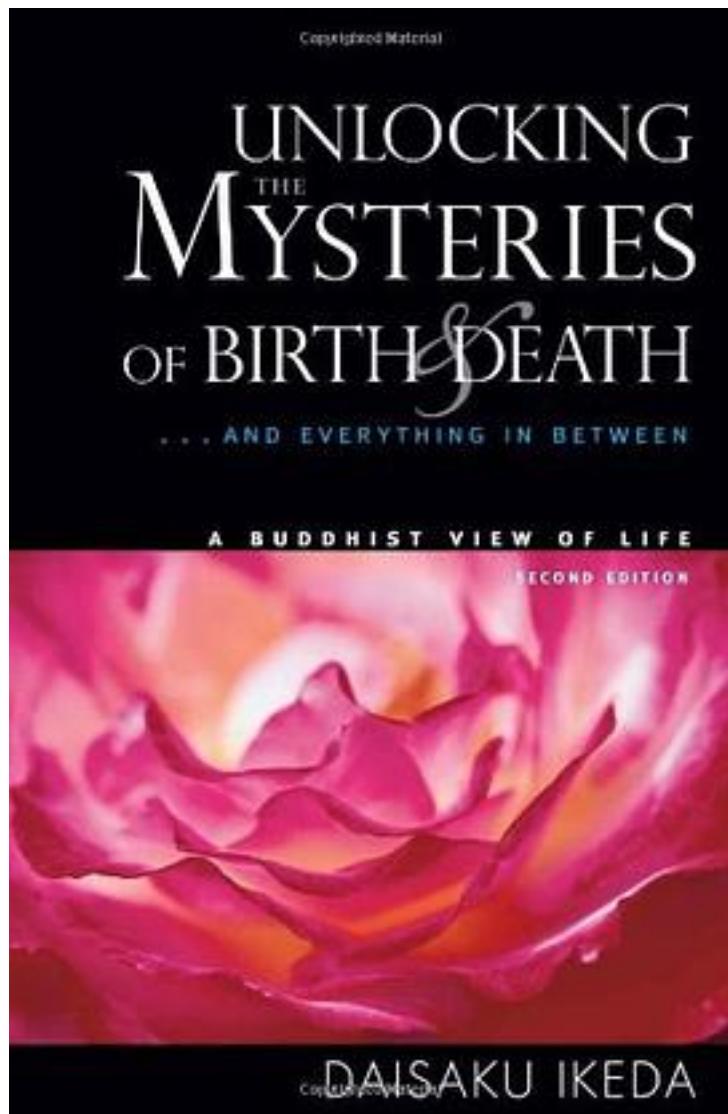


Unlocking the Mysteries of Birth and Death



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This introduction to Nichiren Buddhism explores the philosophical intricacies of life and reveals the wonder inherent in the phases of birth, aging, and death. Core concepts of Nichiren Buddhism, such as the ten worlds and the nine consciousnesses, illustrate the profundity of human existence. This book provides Buddhists with the tools they need to fully appreciate the connectedness of all beings and to revolutionise their spiritual lives based on this insight. Also explored are how suffering can be transformed to contribute to personal fulfilment and the well-being of others and how modern scientific research accords with ancient Buddhist views. Ultimately, this is both a work of popular philosophy and a book of compelling, compassionate inspiration for Buddhists and non-Buddhists alike that fosters a greater understanding of Nichiren Buddhism.

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