



Buddhism - Discover How to Practice Buddhism to Achieve Higher Levels of Inner Happiness and Mindfulness (Paperback)

By Carmen Mckenzie

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How to Practice Buddhism to Achieve Higher Levels of Inner Happiness and Mindfulness *** BONUS!: FREE Natural Remedies Report Included !! *** * * LIMITED TIME OFFER! * * * Buddhism is general not considered a religion by its Abrahamic counterparts because of its spiritual and individual nature, rather than following a strict deity. Even the name Buddhism doesn t mean that they really pray to Buddha, but rather try to emulate the ways of Buddha - the man that reached enlightenment. In fact, the world Budhi means to have awoken which in Buddhism means to reach enlightenment. The religion was started by a man named Siddhartha Gautama, the founder of this spiritual religion or philosophy, if you will, and the first man to reach enlightenment; hence, he is colloquially referred to as Buddha. Siddhartha was born into a wealthy and influential family in the 4th century B.C., in Eastern India. Due to a prophetic telling, his father decided to keep him away from the outside world so that he would instead concentrate...



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