



Enlightened Enough: A Buddhist's Look at How We Can Be Happy... at Least Now, Maybe Forever

Parakrama Chandrasoma

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Is Enlightenment the Road to Heaven, Nirvana...or Nowhere? Many religions believe in some equivalent of Heaven or Hell, where one is transported after death to live in eternal bliss or agony. Buddhists believe that one is repeatedly reborn until Nirvana is attained. And still others, overtly or secretly, entertain the possibility that we go nowhere; our lives end at death, and our bodies disintegrate. People lead their lives based on a code of morality. For the deeply religious, the source of this code is their scripture and church, which convey the word of their God. Their road to enlightenment and Heaven is written in the Book. For the Buddhist, however, who has no God, the source of one's morality is inborn and changed by life experience. The way a person deals with this change toward increasing wisdom is the Buddhist road to enlightenment and Nirvana. In *Enlightened Enough*, Parakrama Chandrasoma applies Buddhist philosophy in its most basic form to the way he conducts his life. The methods-aimed at achieving enlightenment and Nirvana when applied to daily living-increase wisdom and promote happiness during this lifetime. Whether Heaven, Hell, Nirvana, or nothingness awaits us, stripping away external influences and focusing within to address our inner spiritual being is our best chance to create a contented and peaceful existence during our mortal life here on earth.

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Latasha Hisle:

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Mary Brunner:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day long to reading a reserve. The book Enlightened Enough: A Buddhist's Look at How We Can Be Happy... at Least Now, Maybe Forever it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not too expensive but this book features high quality.

Nicolas Dandrea:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite

from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Enlightened Enough: A Buddhist's Look at How We Can Be Happy... at Least Now, Maybe Forever, you could enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

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