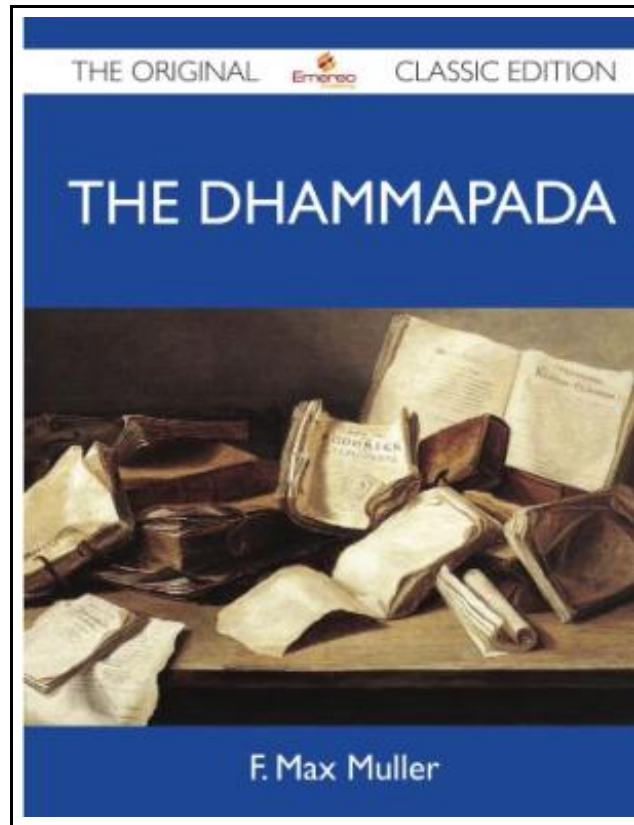


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Emereo Classics, Australia, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.The Dhammapada, which literally means foot, tool, saying, or path (Pali: pada) of experience (Pali: dhamma), is a collection of sayings about the Middle Way, the Path of Awakening which leads to Nirvana and which is embodied by the Buddha, and also about its opposite, the path of unskillful living which leads to a hellish life and which is embodied by the devilish figure of Mara. Each of us must choose which of these two paths to follow. We cannot avoid choosing: even if we do not choose, we will become subject to forces outside ourselves (media, advertisement, family, friends, enemies, lovers), and so will have chosen the path of unskillful living by default. Only by consciously choosing the Path of Awakening, and by training our minds so that everything we do is free of unhealthy desire, aversion, and delusion, can we be truly enlightened and happy. The Dhammapada gives voice to the Four Noble Truths of Buddhism: that suffering exists, that there is a cause to suffering, that suffering has an end, and that there is a means to this end, namely the Noble Eightfold Path. But the Dhammapada focuses mostly on the Noble Eightfold Path, and specifically on the choices we face, at many junctures in our lives, between two starkly contrasting possibilities. It is a message of hope that if we choose wisely, and if we choose now rather than later, we shall find relief for both our own suffering and the suffering of others. Thus the Dhammapada is similar to other great works of life philosophy, such as Epictetus Enchiridion. Both focus on the fact that we must choose between two radically different kinds...



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