



Buddhism for Beginners: The Sacred Teachings of the Buddha That Help You Lead a Meaningful Life

Jason Landreth

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The Buddha had many sacred teachings in his life, but none more profound than his teachings on the Four Noble Truths, and the Eightfold Path. Through countless hours of deep meditation, the Buddha came to enlightenment through these two realizations. Today, as Buddhist study the Buddha's sacred teachings they will come to realize that there is suffering in this world, that there is a source to this suffering, that there is an end to this suffering, and there is a path one can follow to end this suffering. The Four Noble Truths combined with the Eightfold Path will help any aspiring Buddhist to lead a meaningful life.

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