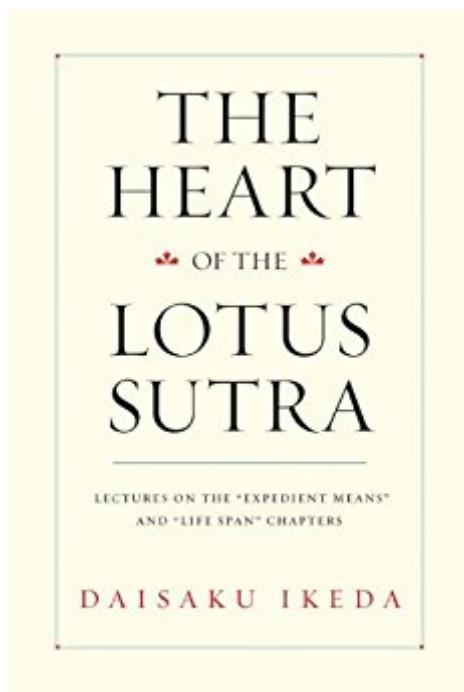


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# The Heart Of The Lotus Sutra: Lectures On The "Expedient Means" And "Life Span" Chapters



## **Synopsis**

The Lotus Sutra has been regarded for centuries as one of the most important teachings in Mahayana Buddhism. This book goes beyond theory to show how to bring these teachings into practice in daily life. Containing profound truths for all people from every culture, it reveals the secret for attaining happiness for both oneself and others through the process of self-reformation. Based on the teachings of Nichiren, a 13th-century Buddhist teacher and reformer, the scriptures of the Lotus Sutra show how every person can attain Buddhahood.

## **Book Information**

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## **Customer Reviews**

Very well written and inspirational. Daisaku Ikeda is one of my favorite authors. Mostly because his earnest desire to make difficult content not only understandable but relevant to daily life. This book is no exception. Enjoy reading and not only deepening your understanding of the Lotus Sutra but feeling more empowered and rejuvenated.

I just got my copy a week ago and I am VERY happy to see each section of the Gongyo recited by Nichiren and SGI followers fully explained phrase by phrase. A little history of what has been recited and the changes over the years. I am trying to read a few pages each night, as the material is very

deep. Previous books by same author were not as complete as this one.

I was profoundly affected by these words years ago and I am happy to see it available by Kindle. I am glad to have an electronic edition. Thank you, Amazin' ! An SGI Buddhist can easily fall into habitual mindless rote in the twice daily recitation of the Lotus Sutra. This work is a wonderful elucidation of why we daily cultivate our lives and for the sake of others. Ikeda Sensei nails it all down.

This book is well written and easy to follow. It is a translation of the Lotus Sutra Expedient Means and Life Span Chapters. It provides a line by line explanation of these 2 amazing Sutra's and a great way to really deepen your understanding of Buddhism. Great book for anyone interested in Buddhism to read !

Everything I wanted to know about the Lotus Sutra. Great book, great writer. I hope there will be more on .

I love this book! But then again, I love every book written by Daisaku Ikeda! This book is a favorite because it brings to life the practice of gongyo or reciting of excerpts of the Lotus Sutra that Nichiren Buddhists and members of the Soka Gakkai chant everyday. Truly profound! Thank you Mr. Ikeda!

I received my Gohonzon just this past Saturday and even before I committed to such a life benefit, this book helped to shape my understanding of what the Life Span and Mystic Law was all about. I do wish the book contained a glossary so that we could learn more about the words we'll see throughout our years of practice.

Absolutely essential reading for anyone who wishes to understand Buddhist practice.

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