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## Buddhist Inspirations: Essential Philosophy, Truth and Enlightenment (Paperback)

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By Tom Lowenstein

Watkins Media, United Kingdom, 2011. Paperback. Book Condition: New. Reprint. 170 x 168 mm. Language: English . Brand New Book. Buddhism has given immeasurable riches to the West - a collection of profound and life-enhancing ideas, a host of beautiful works of art (from statues of the Buddha to Zen gardens) and a repertoire of spiritual practices (from mantras to mindfulness) that can change all our lives for the better. Buddhist Inspirations offers a beautiful illustrated distillation of Buddhist belief, practice and art. Generously furnished with superb photographs and specially commissioned artworks as well as enlightening quotations from the sacred texts, the book presents a fascinating kaleidoscope of all aspects of Buddhism, including Tantra, Zen and the Pure Land beliefs of Japan. The emphasis throughout is on the wisdom, healing power and beauty of Buddhism and on its abundant relevance to those in the West who seek an alternative to secular materialism. A perfect gift for anyone who hears the call of the spirit.



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