



## Meeting the Buddhas: Our Closest Friends and Helpers

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In simple language and exquisite photographs and paintings, 15 Buddhas are introduced to anyone seeking to learn more about the tenets and practices of the Buddhist tradition. Each page introduces one of the Buddhas to the reader and reveals a different aspect of enlightenment, teaching people of all ages how they can become more kind, wise and gentle. Photographs of statues and paintings of each Buddha highlight the exquisite art that is an intrinsic part of the Kadampa Buddhist tradition. Prayers, stories, mantras, and accessible explanations make every part of the spiritual path fun and approachable. An image-seeking game adds an element of play, and a glossary and resources for additional information make this reference a valuable introduction to one of the world's major religions.

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Playing with family in a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Meeting the Buddhas: Our Closest Friends and Helpers, it is possible to enjoy both. It is excellent combination right, you still desire to

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