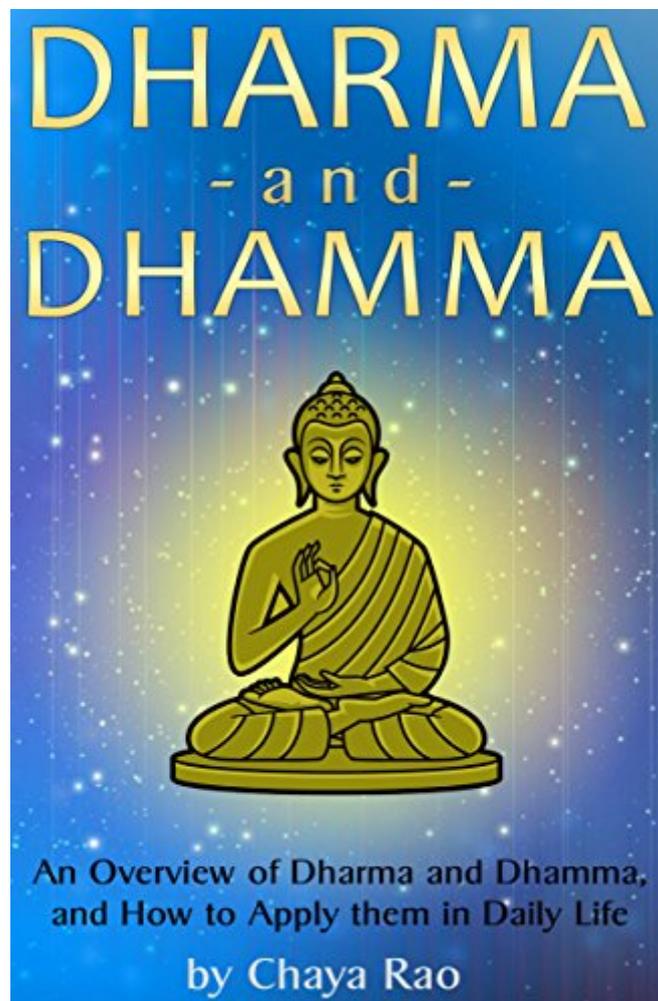


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# Dharma And Dhamma: An Overview Of Dharma And Dhamma, And How To Apply Them In Daily Life (includes Moksha, The Four Noble Truths, The Eightfold Path, And Nibanna)



## Synopsis

If you want a complete overview of the basic principles of dharma and dhamma, including how to incorporate them into your own life, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Hindus believe that dharma is the very foundation of the world. It's a way of thinking, living, and being that holds everyone and everything together in harmony. Without it, there'd be chaos. It's also the way by which people live in accordance with universal principles. The more in touch they are with natural law, the better their lives will be. In Theravada Buddhism (there are many schools of Buddhism, just as there are many sects of Christianity), dhamma refers to the Buddha's teachings. The more you keep to the dhamma as He taught it, the more control you have over your mind and therefore your life. And the more you are able to control both your mind and your life, the happier you'll ultimately be. In this book, we'll explore dharma as the Advaita Hindus understand and apply it, as well as dhamma, as the Theravada Buddhists do. You'll see that they're actually very similar in many ways. Not only is this overview meant to be informative, but it's also meant to be tangibly helpful and applicable in your own life.

Here Is A Preview Of What You'll Learn... Understanding Hindu-Buddhist Diversity Why is Dharma Important? Dharma, Freedom from Illusion The Five Daily Obligations The Ten Commandments The Yoga Sutras of Patanjali Moksha, the Final Frontier The Buddha's Four Noble Truths The Eightfold Path Much, much more! Download your copy today!

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## Customer Reviews

Both Dharma and dhamma can be confusing topics but this book provides a thorough understanding of what it is and why it is important. This book provides an overview for why it can be very helpful in your own life. The main message this book preaches is that we are all Buddha-like in nature but we become victims of our own poor choices. We need diligence, patience, and constant hard work and practice if we want to continue down the right path to mastering ourselves. The ultimate reward of fulfillment lies in the present moment, not in some afterlife. This was a very helpful book!

While short and wonderfully simple, this is a really good asseint to understanding philosophical principles. A very nice format for the breakdown of otherwise complex concepts. Great job. I highly recommend this.

I didnt realize there were so many different beliefs around Dharma and Dhamma. I learned a lot reading this book, but what it it really shows me is to pay attention to how my actions now effect my life now. Try not to fight the good qualities or behaviors in my life.

I was looking for something different in my life and Dharma and Dhamma was one of the things I came found. This book well written and easy to understand for a newbie like me. I will definitely apply at least some of the ideas given in this book. Recommend

An invaluable lesson on the difference between dharma and dhamma. But even more important than that was the lesson on mindfulness. The full acceptance and immersion in the now. This book is a great guide to these concepts. Ultimately, I was enriched by this book. Thank you Chaya Rao.

Even though I'm Christian I like reading this kind of books, the author explains what Dharma and Dhamma is and how by controlling your mind you actually take control over your mind, life and happiness.

Very simple to understand writing of some fascinating religious philosophies and teachings. This book helped me to understand the differences between Hinduism and Buddhism which I find fascinating. I would recommend it to anyone who studies religion or actively seeks to comprehend peoples of the world.

I loved reading this book. It is written clearly and concisely. The author reminds us of timeless truths, such as the importance of mastering our minds, experiencing being present, experiencing being in unity, and awakening to a state in which we simply become ourselves. The content, insightful and invaluable, can be put into everyday practice. It has motivated me to become more disciplined with my daily routine of Vipassana meditation and give more to the outer world. Accepting the responsibility to take greater care of both our inner and outer worlds is both empowering and essential. I highly recommended this book; we all deserve to be profoundly happy, and to do so we must get to the root of what is preventing us reaching this state by following this hugely supportive advice which can be applied to everyday life by everyone.

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