

CONTENTS

Foreword by Christmas Humphreys	7
Introduction	11
I The Buddha	15
II The Basis of the Buddhist Doctrine	22
III Suffering and The Suppression of Suffering	27
IV Interdependent Origins	33
v The Eightfold Path	56
VI Karman	171
VII Nirvâna,	230
Appendices	
Sijalovada Sutta Moral Rules for Laymen	259
The Mahamangala Sutta Discourse on The Beatitudes	270
The Vasala Sutta	273
Extracts from the Dhammapada	277
The Sect of Meditation	282
Miscellaneous	286
Index	295