



# Lotus Path: Living the Lotus Sutra - Volume 1

*Ryusho Jeffus*

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## **Lotus Path: Living the Lotus Sutra - Volume 1** Ryusho Jeffus

The practice of Buddhism is about changing our lives deep at the core. Buddhism calls on us to examine the causes of our suffering in brutal honesty. After making this self-assessment we then take the next step and make the necessary changes so we can free ourselves from the cycle of suffering in ignorance. The essays in the book are short; usually only several hundred words. It is possible to read them quite quickly. That however, is not what I intended and so I have concluded each essay with either some questions for you to consider or suggestions for actions you might decide would be beneficial. You will get the most value out of this book if you take your time and use the essays and the follow-up comments as tools. Use the book sparingly, sampling each essay as if it were a most delicious candy. This book will be of the most value to you if you actually try to use it as a tool for making changes in your life.

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