

One Stop Shop for the Wisdom of the Buddha is a comprehensive and detailed guide to the spiritual life. It took over nine years to write and contains the author's experience of more than 35 years of urban and community life, while endeavouring to live by Buddhist principles. Drawing upon over 100 citations from over 40 discourses from the Pali Canon, there are line-by-line analyses and elucidations explaining the purpose of Buddhist meditation, ethics, the doctrine of impermanence of matter and self, reincarnation and the echelons of existence, and the Buddha's teaching on how to perform miracles. All Buddhist meditation is covered in step-by-step detail. The author shares his experience of descent into Voidness. This meditation was described by the Buddha's assistant Sariputta as the finest of all meditations. Descent into Voidness is something the author has achieved many times. It is nothing less than Temporary Liberation, herein described from the author's experience, in step-by-step detail, from beginning to end. One Stop Shop is by necessity more than a revelation of the Buddha's Wisdom. Years of meticulous analysis has revealed many inconsistencies in the Pali Canon, and it became impossible to fulfil the title's description without finding answers. Using a methodology developed for this unique circumstance, the author analysed the teachings of the Pali Canon as either fact, faith, fable, fiction or fear based. The author explains how he then arrived at the unthinkable; the arrival of Christianity in southern India spawned the fabrication of a new wave of Buddhism called Mahayana. The influences however are not all one way. There is a brief glimpse at the Bible, and even the Vedas of the Brahmins, and how an exegesis of both would be incomplete without referencing the Pali Canon. One Stop Shop is solidly researched, and is reliable enough for university scholars and ministers, as well as laypeople searching for an intellectually tight and empirical practice. It is compelling reading and contains previously untaught insights.

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