



Serenity Here and Now: The Buddha's Sutta Nipata Sermons

Susunaga Weeraperuma

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Dropping all defilements and finding that final Freedom in this very life is the main message of the most ancient Buddhist scripture-the Sutta-Nipata. Owning nothing and wanting nothing is one of the hallmarks of Illumination. Serenity Here and Now is a faithful rendering of the last 47 suttas of the Sutta-Nipata. The archaic and abstruse verses have been rendered in a modern and readily intelligible idiom, with the result that this book is a sheer delight to read. Some significant chapters are The Wisdom of Having No Views, The Head and its Splitting, Be Mindful Always and The Path to Yonder Shore.

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