\*Taken from iPhone\*

Buddhism Notes

a religion ought not to be forced upon anyone, when it is forced and enforced then it is ideological

or those who seek a balance find it [spirituality] everywhere and every way and embrace the fact that all things are subject to change.

narcissism is definitely all too prevalent, and I even see it in the most mindful of settings (people competing in yoga classes, posting photos and things on social media in an attempt to show of their skills - and not in a good way). It sort of ruins the idea that buddhism has so deeply rooted in it, selflessness and understanding of thyself through suffering will bring you to enlightenment. (pseudo-buddhism)

Karmic cycle is similar to other religions in that it provides a motivation behind ‘moral living’.