



A Cup of Buddha: A Blueprint to Truth

Thomas D. Craig

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A Cup of Buddha: reflections on truth discusses how to take the journey toward inner peace, toward truth in entertaining, simple language beyond the abstract and mystical concepts typically found in eastern philosophy books. The book applies eastern philosophy to western living utilizing pop culture and music metaphors to explore dense topics in an easy to digest format. Individuals are restless, and unhappy. We search for the water to put out our fire of discontent filling this space with self help books, food, new cars, relationships, and more, all with short term satisfaction but our fire still burns. We look outward, we look to others, yet the fire rages. A Cup of Buddha: reflections on truth addresses this fire within each of us, exploring the actual journey toward truth, understanding that each moment in life is everything, and we alone ultimately make this choice toward happiness.

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