



Modern Buddhist Healing: A Spiritual Strategy for Transcending Pain, Dis-Ease, and Death

Charles Atkins

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In 1987 Charles Atkins was struck with Hodgkin's disease and underwent the ravages of chemotherapy. Throughout his illness he used his Buddhist training and the power of the mantra *Nam-myoho-renge-kyo* to carry him through the cancer treatments and allay his fears of death and doubts for recovery. During his stays in the hospital, he took every possible opportunity to comfort other cancer patients. His survival inspired him to share the healing techniques he has learned with others.

In this book, Atkins introduces us to the Buddhist master Nichiren [1222-1281] and the healing teachings of Shakyamuni Buddha as laid out in the *Lotus Sutra*. *Nam-myoho-renge-kyo* is an old mantra that has accumulated a great deal of power from centuries of countless individuals focusing their highest intents while chanting it. He explains how *Nam-myoho-renge-kyo* can be used to "undo" karma that has damaged our health. Methods for chanting while visualizing abound in this book. His example, along with that of many others struggling with diseases as diverse as fibromyalgia, diabetic ulcers, high blood pressure, and mental illness, provides a beacon of hope for those facing illness. Atkins's book shows that with hope, faith, and prayer nothing is impossible.

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