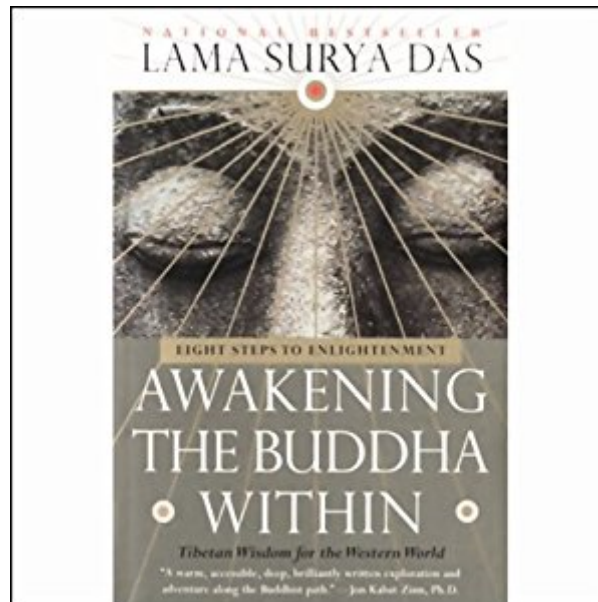


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# Awakening The Buddha Within



## Synopsis

Lama Surya Das, the most highly trained American lama in the Tibetan tradition, presents the first comprehensive book of Western Buddhism for the modern-day spiritual seeker. Buddhism offers a profound yet practical path to enlightenment. In this loving and generous book, the American-born and Tibetan-trained Lama Surya Das offers at once a definitive and nonsectarian guide to the wisdom found in ancient Tibetan teachings and a tried and true path of spiritual transformation. The radical and compelling message of Buddhism tells us that each of us has the wisdom, awareness, love, and power of the Buddha within; yet most of us are too often like sleeping Buddhas. Surya Das shows how we can awaken to who we really are and thus walk the liberating, peaceful path of mindful and compassionate living. With lively language, meditations, and spiritual practices, this unique book provides a bridge between East and West, past, present, and future. *Awakening the Buddha Within* offers a complete yet accessible understanding of the unique Buddhist teachings embodied in the traditional Noble Eight-Fold Path and its Three Enlightenment Trainings, common to all schools of Buddhism: Wisdom Training: Developing clear vision, insight, and inner understanding--seeing reality and ourselves as we really are. Ethics Training: Cultivating virtue, self-discipline, integrity, and compassion in what we say and do. Meditation Training: Practicing mindfulness, concentration, and awareness of the present moment. This fresh and original work illuminates such key principles as karma (what we do does matter), rebirth (every moment is an opportunity to start afresh), letting go (simplifying our lives by clarifying our hearts and minds), as well as conscious living and dying, and Dzogchen, the ultimate, mystical teaching of Tibet. In this wonderful marriage of the timeless and the timely, Surya Das has written an invaluable, authoritative text for the novice and the experienced student of Buddhism alike. *Awakening the Buddha Within* reveals how sacred wisdom, contemplative practice, and altruism can be integrated into our outer and inner lives--in our relationships, in the workplace, and at home. Here is a guidebook to enlightenment--a sourcebook of the sacred for anyone who wants to lead a more serene and beautiful life. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Lama Surya Das has masterfully written an enlightening introduction to Buddhism, which should prove to be an enduring classic on the subject for years to come. He takes the ancient teachings of Buddhist traditions and wisdom and delivers them succinctly and wholeheartedly to the Western mind. His astounding work is a source of inspiration and awareness that serves as a "handbook for living" that should be carried with us at all times and used often on our spiritual path. Regardless of the reader's religious or spiritual affiliation, these simple golden rules could change your life. His introduction to the classic Buddhist teachings of The Four Noble Truths and The Eight-Fold Path are the most comprehensible and understandable that I have yet read. Finally, we are presented with a rich compilation that makes absolute sense and many readers will understand, for the first time, how to integrate this ancient Tibetan wisdom into everyday life. Often, those of us curious about Buddhist philosophy and practice, find it hard to get beyond the dogma of the many teachings. Lama Surya Das succeeds in bringing the reader the most simple and fundamental ideas and lessons of Buddhism. Throughout the book, he reminds us to be responsible for our own thoughts and actions and to find the kindness, compassion and grace that are inherent in all of us. For those challenged by meditation, Lama Surya Das strips away all the confusion and mystery around the practice of meditation and brings to the reader a profound understanding and "how to" guide to meditation -- the importance of which must be realized and embraced. Toward the end of the book, he further reminds us that "We are modern mystics - living in monasteries without walls. The entire planet is our heaven on earth.

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