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AWAKEN TO THE BUDDHA WITHIN 2 and to purify one s mind. The official scoffed, Is that all? Even a child of three knows that!" The monk replied that while it was true that a child of

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In this short book, Lama Surya Das introduces readers to Buddhism, and the process of Awakening the Buddha Within. It is subtitled Tibetan Wisdom for the Western World, which is an accurate description. Lama Surya Das tells how a guy from Long Island ends up in Tibet and India studying Buddhism in the 1970s.

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Awakening the Buddha Within offers a complete yet accessible understanding of the unique teachings embodied in the traditional Noble Eight-Fold Path and its Three Enlightenment Trainings, common to all schools of Buddhism: Wisdom Training; Ethics Training; and Meditation Training.

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Awakening the Buddha Within Quotes by Lama Surya Das

Awakening the Buddha Within Quotes (showing 1-15 of 15) Breath by breath, let go of fear, expectation, anger,

regret, cravings, frustration, fatigue. Let go of the need for approval.

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Awakening the Buddha Within by Lama Surya Das

About Awakening the Buddha Within. 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.

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