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Awakening the Buddha Within

By Lama Surya Das

Random House USA Inc, United States, 1998. Paperback. Book Condition: New. Reprint. 208 x 140 mm. Language: English . Brand New Book. 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...



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