



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...



Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

-- Cheyanne Barrows

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- Hank Powlowski

Other Kindle Books



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English. Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



How to Start a Conversation and Make Friends

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit, confidence, and enthusiasm with his bestseller How...



Hope for Autism: 10 Practical Solutions to Everyday Challenges

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English. Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...