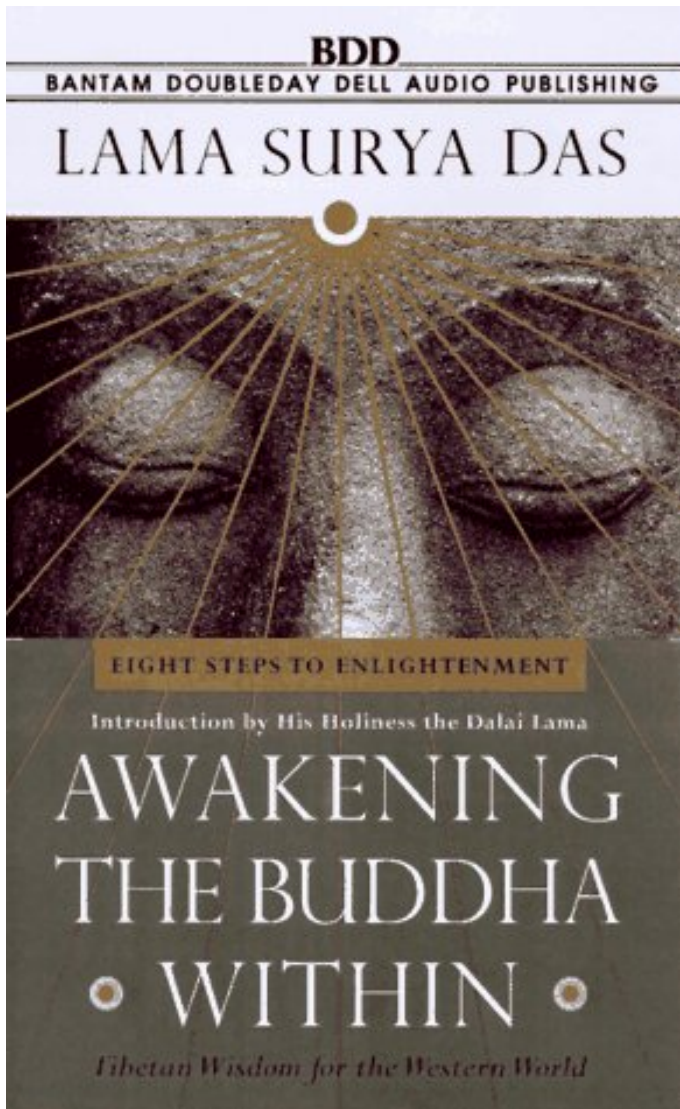

Lama Surya Das

**Awakening the Buddha Within : Eight Steps to Enlightenment:
Tibetan Wisdom for the Western World**



Title: Awakening the Buddha Within : Eight Steps to Enlightenment: Tibetan Wisdom for the Western World

Author: Lama Surya Das

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Description

If you dropped the Buddha into a modern metropolis, would he come off sounding like a 16th-century morality play or more like a drive-time disc jockey? Lama Surya Das doesn't spin platters for a living, but he does have a hip delivery that belies his years of sheltered training in Buddhist monasteries. In *Awakening the Buddha Within*, he borrows a time-tested bestseller format for a 2,500-year-old tradition that comes off as anything but ancient. With the "Five T's of Concentration," the question of "need or greed," and the story of the monk who bears his backside to prove a point, Surya Das invokes a path of wisdom that is as accessible and down-to-earth as a worn pair of loafers. It's not an easy path--it demands thought, effort, and discipline. But Surya Das is there for you, lighting the way to wisdom training, coaxing you into ethics training, and laying out step by step the path of meditation training. And if that's not enough to get you to live in the now, consider these words of the enlightened lama: "You must be present to win." --*Brian Bruya*

Insightful reviews

Jim: Not for me. I didn't get very far into it before I became bored. I was expecting something along the lines of Buddhism-lite....maybe some EZ-step beginning approaches that a modern, urban person actively participating in life could incorporate - to channel more inner harmony and all. Obviously I would have to have more patience, but right off the bat it seemed heavy handed on the religious aspect and the alleged superior wisdom of lamas who live heirarchical, cloistered lives and yet possess all the answers (not unlike catholic monastics)

For some reason I'd thought Buddhism was kind of like a religion for non-religious people, a way to achieve spiritual tranquility without dogma, and he at one point says something to that effect...but then at other points he lists out fun stuff you have to give up - if you really want to be at peace, that is. I didn't see much space for fun or humor. There are rules and dogmas after all. Drinking and drugs get in the way. Recreational sex gets in the way.

It seems that in order to achieve real enlightenment you do indeed have to pray and meditate a lot and devote your life to it. Yes, I know, nothing worthwhile is easily gotten, and life's answers aren't to found in a ten-step brochure but if this was supposed to be an introduction to Buddhism, it was a turn-off.

Jennifer: This was the first buddhist book I ever read. It is the reason for me finding my home in spirituality. It is well written, clear and moving. You will learn a lot from this book and it will help you find your path. I recommend this book to anyone searching for a spiritual direction.

Brian: This book tells you how to live like a Buddhist, without being a monk. There are behaviors in life we can all practice and you don't have to renounce Christianity to be a part of it. Treat others better, find meditation in everything you do, and be a better person.

Linda Hollingsworth: i've got already learn this publication two times on my Kindle, so that you be aware of I price the knowledge and lightweight proven at the historical past of Western

Buddhism. so that it will higher know the way Buddhism got here to the USA and its ongoing evolution in our culture, this can be a very readable description of the way that's coming about. with a purpose to higher comprehend the tenets of Buddhism, the eightfold path, and the 3 enlightenment trainings found in all kinds of Buddhism, this booklet will painlessly heighten your understanding. if you'd like a few practices that will help you settle into meditation, you will discover them here. This publication is a little more dependent in its process than the easier displays from the guts of the books of Thich Nhat Hahn yet no much less valuable.

Alda Petrocchi: For me, this is often the crucial lifestyles guide. i've got learn it a couple of times in the course of the years; I re-visit it while i think i would like a refresher, and may proceed to take action most likely for the remainder of my life. it is so uncomplicated and approachable, but complicated and profound on the comparable time. hugely recommended.

Jordan: an honest advent to Buddhism. Surya Das does a pleasant task of translating practices and traditions into extra simply understood options for Westerners. He addresses concerns like attempting to meditate in the course of a hectic day at the subway and compares the Buddha brain to a pan covered with teflon. He will pay awareness to the belief of a brand new Western Dharma that's evolving out of the synthesis of conventional japanese practices and the Western mentality. there is a lot of emphasis wear perform and particularly on meditation practice. He usually provides principles for meditation practices or perhaps simply recitations to aid humans out. i would have enjoyed an index of all his perform feedback someplace within the book, although seeing that such a lot come on the finish of segments they don't seem to be too not easy to find. anything in regards to the layout of the publication bogged me down approximately midway through. there has been simply anything within the association of his segments that made it a little a slower learn for me.

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Richmond Philippines suggested this own mortgage in the robert Project charts. The people in

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