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free, complete, luminous, at home -- at ease. ” Lama Surya Das, Awakening the Buddha
Within: Tibetan Wisdom for the Western World

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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. In *Awakening the Buddha Within*, Surya Das shows how we can awaken to who we really are in order to lead a more compassionate, enlightened, and balanced life. It illuminates the guidelines and key principles embodied in the noble Eight-Fold Path and the traditional Three Enlightenment Trainings common to ...

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Three Enlightenment Trainings common to all schools of Buddhism:

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Lama Shenpen: I find myself wondering what exactly we mean by 'imagination'. We use the term in various ways. To start with we use it for a faculty we have, the faculty that intelligence has to create – to be creative and to explore possibilities just because we can imagine them – and then come up with something more as if from nowhere.

Buddha Within – The Teachings of Lama Shenpen Hookham

Lama Surya Das, author of the best-selling *Awakening the Buddha Within*, defines the Buddhist heart as our own inner goodness - our most tender, compassionate, and caring self, our innate Buddha-nature. The Buddhist heart, called Bodhicitta by Tibetans, beats within each and every one of us and is awakened through meaningful connections - connections to our families, romantic partners, our colleagues and work, our neighbors, society, and extending out to all living creatures, including ourselves.

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The process of Awakening relies on the fact that we already have within ourselves the power to Awaken and that power is none other than the power of the truth. The more open and honest we are, the more that truth reveals itself and the more we experience its inherent wisdom and compassion.

awakening – Buddha Within

In *Awakening the Buddha*, Lama Surya Das, the most highly trained American lama in the Tibetan tradition, presents the definitive book on Western Buddhism for the modern-day spiritual seeker. 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.

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Founder of the Dzogchen Center, he is also the author of several popular books, including AWAKENING THE BUDDHA WITHIN, AWAKENING TO THE SACRED, and AWAKENING THE BUDDHIST HEART, the first trilogy of Buddhism for the West.

Drawing on three decades of learning from the spiritual masters of Asia, an American lama illuminates the sacred wisdom and practices of Buddhism and shows readers how to integrate them into their lives, relationships, and careers. Reprint. \$50,000 ad/promo. Tour.

In this comprehensive book, Lama Surya Das provides a bridge between East and West, past, present and future, making sacred and profound Tibetan teachings clear and easily accessible for anyone who wants to lead a more enlightened and sane life. Utilizing the unique Buddhist guidelines embodied in the Noble Eight Fold Path and the traditional Three Enlightenment Trainings of Virtue, Meditation and Wisdom, he elucidates the tried and true path of spiritual transformation - including key principles such as karma, rebirth and mind-training, as well as the highest, most secret teaching of Tibet, Dzogchen. In this wonderful marriage of the practical and the profound, Lama Surya Das reveals how sacred wisdom can be integrated into our busy lives. He offers a unique approach to the comprehensive wisdom

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of ancient Tibetan teachings on conscious living and dying and shows that the power of the Buddha is resting within us all. Drawing on Buddhist spirituality and wisdom, this is a view of the world written for Western seekers.

The most highly trained American lama in the Tibetan tradition offers the definitive book on Western Buddhism for the modern-day spiritual seeker--"a warm, accessible, deep, and brilliantly written exploration and adventure along the Buddhist path" (Jon Kabat-Zinn, Ph.D).

The best-selling author of *Awakening the Buddha Within* provides a practical, easy-to-follow guide that introduces the principles of Buddhism and explains how to apply them to our relationships with others, the world around us, and within ourselves by building more loving and satisfying connections and increasing self-awareness and sensitivity. Reprint.

Awakening of the Heart is a comprehensive, single volume collection of the Buddha's key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to *Happiness*, the bestselling collection of meditation and mindful practices released in 2009. *Awakening of the Heart* captures the heart of Buddhist wisdom and Thich Nhat Hanh's unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and

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updated commentary, Awakening of the Heart contains the following sutras: Prajnaparamita Heart Sutra, Diamond Sutra, Sutra On Full Awareness Of Breathing, Sutra On The Four Establishments Of Mindfulness, Sutra On The Better Way To Catch A Snake, Sutra On The Better Way To Live Alone , Sutra On The Eight Realizations Of The Great Beings, Discourse On Happiness, Teachings On the Middle Way.

"A wealth of inspiration and practical tips for enjoying the Kingdom of God, the Pure Land of the Buddha, now." —Thich Nhat Hanh, bestselling author of *Peace Is Every Step*

"For newcomers to Buddhism (and non-Buddhists interested in universal wisdom!) and 'old hands' at practice . . . [Das] promises nothing less than a liberated life, freed from angst over the tyranny of time, through the practice of loving presence." —Sylvia Boorstein, author of *Happiness Is An Inside Job*

Internationally renowned meditation scholar Lama Surya Das delivers a penetrating and practical guide to discovering the power of living fully in the now. In the tradition of the Dalai Lama's *The Art of Happiness* and Noah Levine's *Heart of the Revolution*, *Buddha Standard Time* is a roadmap to discovering your own inner kingdom of awareness, patience, and love.

A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike. In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says

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Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

A modern introduction to traditional Buddhist psychology This practical overview of Buddhist psychology outlines step-by-step methods for examining the source of our habitual tendencies and hangups. In order to truly free ourselves from perpetuating patterns of suffering, the Buddha offered a clear system for understanding our psychological dispositions, processes, fixations, and challenges--a system known as the Abhidharma. This tradition has been studied by Buddhists for over two millennia. Professor Steven Goodman has taught on the Abhidharma in both universities and Buddhist retreats for over twenty years, making these traditional teachings accessible for a modern readership for the first time. Goodman explains how becoming aware of our mental patterns can liberate us from cycles of emotional pain and shows how the Abhidharma can be applied to meditation practice through exercises of observation and reflection. This is the go-to manual for anyone interested in the world of Buddhist psychology.

As the category of women ' s spirituality continues to grow, The Buddha ' s Wife offers to a broad audience for the first time the intimate and profound story of Princess Yasodhara, the wife Buddha left behind, and her alternative journey to spiritual enlightenment. What do we know of the wife and child the Buddha abandoned when he went off to seek his enlightenment? The Buddha ' s Wife brings this rarely told story to the forefront, offering a

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nuanced portrait of this compelling and compassionate figure while also examining the practical applications her teachings have on our modern lives. Princess Yasodhara ' s journey is one full of loss, grief, and suffering. But through it, she discovered her own enlightenment within the deep bonds of community and “ ordinary ” relationships. While traditional Buddhism emphasizes solitary meditation, Yasodhara ' s experience speaks of “ The Path of Right Relation, ” of achieving awareness not alone but together with others. The Buddha ' s Wife is comprised of two parts: the first part is a historical narrative of Yasodhara ' s fascinating story, and the second part is a “ how-to ” reader ' s companion filled with life lessons, practices, and reflections for the modern seeker. Her story provides a relational path, one which speaks directly to our everyday lives and offers a doorway to profound spiritual maturation, awakening, and wisdom beyond the solitary, heroic journey.

An American trained in the Tibetan Buddhist tradition shows readers the path to creating a healthy, balanced daily spiritual practice using his regimen of prayers, chants, affirmations, rituals, guided meditations, and breathing exercises. Reprint. light. Reprint.

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