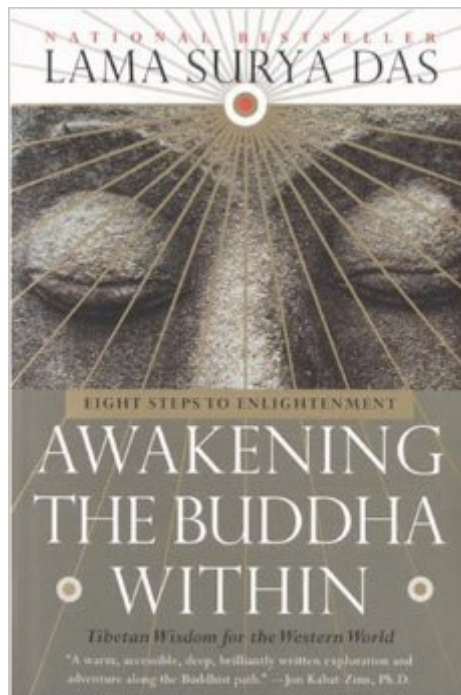


The book was found

# Awakening The Buddha Within: Tibetan Wisdom For The Western World



## Synopsis

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. 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 all schools of Buddhism:

- Wisdom Training: Developing clear vision, insight, and inner understanding -- seeing reality and ourselves as we really are.
- Ethics Training: Cultivating virtue, self-discipline, and compassion in what we say and do.
- Meditation Training: Practicing mindfulness, concentration, and awareness of the present moment.

With lively stories, meditations, and spiritual practices, *Awakening the Buddha Within* is an invaluable text for the novice and experienced student of Buddhism alike.

## Book Information

Paperback: 414 pages

Publisher: Broadway Books; Reprint edition (June 15, 1998)

Language: English

ISBN-10: 0767901576

ISBN-13: 978-0767901574

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (242 customer reviews)

Best Sellers Rank: #26,910 in Books (See Top 100 in Books) #49 in Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #173 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #5862 in Books > Religion & Spirituality

## Customer Reviews

Lama Surya Das has masterfully written an enlightening introduction to Buddhism, which should prove to be an enduring classic on the subject for years to come. He takes the ancient teachings of Buddhist traditions and wisdom and delivers them succinctly and wholeheartedly to the Western mind. His astounding work is a source of inspiration and awareness that serves as a "handbook for living" that should be carried with us at all times and used often on our spiritual path. Regardless of

the reader's religious or spiritual affiliation, these simple golden rules could change your life. His introduction to the classic Buddhist teachings of The Four Noble Truths and The Eight-Fold Path are the most comprehensible and understandable that I have yet read. Finally, we are presented with a rich compilation that makes absolute sense and many readers will understand, for the first time, how to integrate this ancient Tibetan wisdom into everyday life. Often, those of us curious about Buddhist philosophy and practice, find it hard to get beyond the dogma of the many teachings. Lama Surya Das succeeds in bringing the reader the most simple and fundamental ideas and lessons of Buddhism. Throughout the book, he reminds us to be responsible for our own thoughts and actions and to find the kindness, compassion and grace that are inherent in all of us. For those challenged by meditation, Lama Surya Das strips away all the confusion and mystery around the practice of meditation and brings to the reader a profound understanding and "how to" guide to meditation -- the importance of which must be realized and embraced. Toward the end of the book, he further reminds us that "We are modern mystics - living in monasteries without walls. The entire planet is our heaven on earth.

[Download to continue reading...](#)

Awakening the Buddha Within: Tibetan Wisdom for the Western World Translating Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan Awakening the Buddha Within Wisdom of Buddha: The Samdhinirmochana Sutra (Tibetan Translation Series) Humble before the Void: A Western Astronomer, His Journey East, and a Remarkable Encounter between Western Science and Tibetan Buddhism The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) The Buddha From Dolpo: A Study Of The Life And Thought Of The Tibetan Master Dolpopa Sherab Gyaltsen (Tsadra) Samurai Awakening: (Samurai Awakening Book 1) Buddha's Map: His Original Teachings on Awakening, Ease, and Insight in the Hear In the Buddha's Words: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha) Buddha Is as Buddha Does: The Ten Original Practices for Enlightened Living How Would Buddha Think?: 1,501 Right-Intention Teachings for Cultivating a Peaceful Mind (The New Harbinger Following Buddha Series) The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha) The Middle Length Discourses of the Buddha: A Translation of the Majjhima Nikaya (Teachings of the Buddha) The Long Discourses of the Buddha: A Translation of the Digha Nikaya (Teachings of the Buddha) 12 Steps on Buddha's Path: Bill, Buddha, and We Great Disciples of the Buddha: Their Lives, Their Works, Their Legacy (Teachings of the Buddha) The Numerical Discourses of the Buddha: A

Complete Translation of the Anguttara Nikaya (Teachings of the Buddha) Jewels of Enlightenment:  
Wisdom Teachings from the Great Tibetan Masters Tibetan Wisdom for Living and Dying

[Dmca](#)