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Let go of the need for approval. Let go of old judgments and opinions. Die to all that, and fly free. Soar in the freedom of desirelessness. Let go. Let Be. See through everything and be free, complete, luminous, at home -- at ease." ? Lama Surya Das, Awakening the Buddha Within: Tibetan Wisdom for the Western World

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Awakening The Buddha Within Free

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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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,

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our neighbors, society, and extending out to all living creatures, including ourselves.

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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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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 Budd.* 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.

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