



Awakening the Buddha Within: Eight Steps to Enlightenment

Lama Surya Das

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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.

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