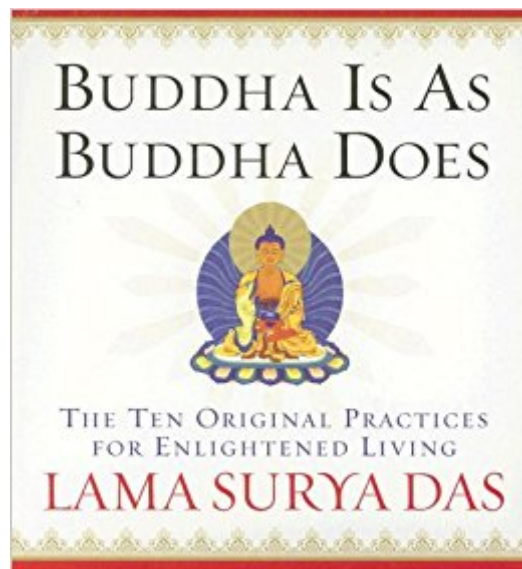




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Buddha Is As Buddha Does: The Ten Original Practices For Enlightened Living



Synopsis

Of all the Buddha's teachings, perhaps his greatest gift can be found in "the Bodhisattva ideal," a template for living in the world as an "Awakener," a servant of the highest good for all. With his previous bestsellers including *Awakening the Buddha Within* (300,000 copies sold; Broadway, 1997), American-born Tibetan Buddhist teacher Lama Surya Das has made the helpful, healing insights of the Buddha accessible to millions. Now, with *Buddha Is As Buddha Does*, he helps listeners to discover: - How to become a Bodhisattva, a peacemaking spiritual warrior, an embodiment of wise compassion in action - How to actively practice the ten paramitas in daily life: generosity, ethics, patience, energetic effort, meditation, wisdom, skillful means, higher aspiration, powers, and pristine awareness - The Seven Jewels of the Bodhisattva: Faith and Devotion, Self-Discipline, Discriminating Wisdom, Charity, Learning, Honesty, and Modesty - Inspirational lessons from history's legendary Bodhisattvas including Tara, Avalokitesvara, and Manjushri--plus contemporary examples of enlightened action based on the realization of the oneness of all life "As long as there is suffering in the world, there is spiritual work to do," explains Lama Surya Das. "We are the Bodhisattvas, the future Buddhas of this world." With *Buddha Is As Buddha Does*, listeners will experience the fruits of the Buddha's greatest lessons. An original author adaptation of bestselling author Lama Surya Das' newest book, welcoming practitioners from all traditions to the fundamental teachings and transformative practices of Buddha's guide to enlightenment and spiritual revolution.

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Customer Reviews

The much-published author and respected Tibetan Buddhist teacher offers a guide for spiritual development based on the paramitas, traditional Buddhist teachings. The Sanskrit term is usually translated as "perfections," but the practices are best understood as a set of virtuous actions. An accomplished Western interpreter of the Tibetan branch of Buddhism, which has its arcane aspects, Surya Das explains each of the 10 virtues, offering numerous exercises and tips to apply his teaching. This is all firmly grounded in traditional stories and the examples of historical figures in Buddhism. Surya Das also offers examples of Westerners who embody these virtues, from the Catholic saint Damien, who worked with lepers on the Hawaiian island of Molokai, to Oprah Winfrey, a model of shrewd and skillful action. While the material is helpful, the exposition rambles and is often hard to follow. Some individual chapters read as though they were pasted together. Quotes from famous non-Buddhist figures are thrown in like salt ("Mark Twain, one of my favorite American authors, said..."). Other authors, particularly Sylvia Boorstein, have done more engaging and readable treatments on the 10 virtues. This underedited volume requires patience to absorb.

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“A wonderful book for the soul.” (Caroline Myss, author of *Entering the Castle* and *Anatomy of the Spirit*)

“Enough wit and wisdom to keep you entertained for a lifetime. Read it. Enjoy it. Practice it.” (Sam Keen, author of *Fire in the Belly*)

“This book will guide and help readers to ease their suffering.” (Gehlek Rimpoche, author of *Good Life, Good Death*)

“The immense potential of a life rooted in wisdom and compassion is made beautifully clear in this new offering.” (Sharon Salzberg, author of *Lovingkindness: The Revolutionary Art of Happiness*)

“A book that will truly make a difference in your life.” (Cheryl Richardson, author of *Take Time for Your Life* and *The Unmistakable Touch of Grace*)

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“People of any faith will appreciate this contemporary reflection on ancient wisdom.” (Tenzin Wangyal Rinpoche, author of *The Tibetan Yogas of Dream and Sleep*)

“A joy to read. Rich, nuanced, and above all, practical, as it illuminates the path of enlightend living.” (Joseph Goldstein, author of *One Dharma: The Emerging Western Buddhism*)

“Anybody interested in Buddhism has much to learn here. Das is wise, intelligent, clear, humorous and an excellent teacher.” (Ram Dass, author of *Be Here Now*)

“a

solid and substantive work on the compassionate way. ãçâ –Â• (Spirituality and Health magazine)

--This text refers to the Paperback edition.

good price quick service makes a lot of sense

This is a great book. It has succeeded in reviving my fledgling Buddhist practice, which was floundering due to life's many other distractions and isolation from like minded people. It is accessible, readable and inspiring. I am now firmly committed to incorporating elements of the first six paramitas into my daily life, and Lama Surya Das provides practical practices and examples to do just that. The other four paramitas seem a little esoteric and inaccessible to me just now, but may seem less so as I progress along the path. It is a book that I am likely to return to time and again for further inspiration and guidance. The only down side is that my reading wish list has greatly expanded due to the many reading references in the book. I would highly recommend this book to others looking for practical guidance in their spiritual practice and in day-to-day life.

Just by "awakening the Buddha within" its a much better book. This is one of those books where he repeats so much information to make it long enough to justify being a book. "awakening is a much more useful book to someone wanting to incorporate Buddhism in their daily life.

Love this book

Just discovered this author .. clear, concise, articulate .. if you are interested in the practice, this is a good intro & will led you to further exploration .. very pleased with the writing style .. just wished he would have included an outline/chart displaying the numerous breakdowns of information.

This book means alot to me on a personal level because of its message. Most Buddhist practice Buddhism but don't live it. This book tells you in very easy to understand ways how to do just that. Lama Surya Das is one in a million when it come to explaining things in language that everyone can understand. I would recommend this book to any Buddhist and non-Buddhist that wants to learn how to be a better person!!!

One of my favorite authors on Buddhism. His books never disappoint.

Nicely organized and well presented. I randomly pick various parts of the book to re-read occasionally, and have played his audiobook in my car once or twice each year since first getting it...

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