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Words of Wisdom

Lama Surya Das

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Lama Surya Das : Words of Wisdom before purchasing it in order to gauge whether or not it would be worth my time, and all praised Words of Wisdom:

26 of 26 people found the following review helpful. Deceptively Simple, Profound WisdomBy D. BuxmanThis isn't really a book that is designed to be read in one sitting, but rather a series of observations that draw the reader to introspection. You can read the entire thing in ten or fifteen minutes since each page contains only a sentence or two, such as: "Killing Time is Deadening Ourselves," and "Practice Being There While Getting There." I found it to be an excellent way of easing into my meditations. My only complaint is that the book is too short and I would have appreciated a little commentary or expansion on a topic in places. The funny thing about this book is that in reading it through twice on different days, it seemed like I was reading a different book. I guess my focus and attention must have varied from one day to the next. I think a good practice would be to read just one statement each day and let your mind work out the implications in a slow, relaxed manner.

Lama Surya Das, renowned spiritual guide and author of the bestselling *Awakening the Buddha Within*, expresses his depth of understanding and highly nuanced humor in this collection of witty and inspired sayings. A rich tapestry of insight gems and belly laughs, *Words of Wisdom* will leave you laughing, searching your soul, and asking for more. Each page contains a statement that focuses the reader's attention on an essential concept. An ideal gift book wisdom

treasure for seekers of all faiths. "Using humor and wise, practical ways, Lama Surya Das invites our hearts to awaken to the highest wisdom." - Jack Kornfield, author of *After the Ecstasy the Laundry* "Lama Surya Das' books are a blessing on my bookshelf and a blessing on my heart." - Marianne Williamson, author of *A Return to Love* "[Lama Surya Das' writing] is a resource of great wisdom, wonderful for the soul.- Caroline Myss "Rich, nuanced, and above all practical, [Lama Surya Das' writing] illuminates the path of enlightened living. His depth of wisdom and breadth of experience shine on every page."- Joseph Goldstein "Anybody interested in Buddhism or spirituality in general has much to learn here. Lama Surya Das is wise, intelligent, clear, humorous, and an excellent teacher." - Ram Dass

Lama Surya Das' books are a blessing on my bookshelf and a blessing on my heart. -- Marianne Williamson[Lama Surya Das' writing] is a resource of great wisdom, wonderful for the soul. -- Caroline MyssRich, nuanced, and above all practical, [Lama Surya Das' writing] illuminates the path of enlightened living.His depth of wisdom and breadth of experience shine on every page. -- Joseph GoldsteinAbout the AuthorLama Surya Das is one of the foremost Western Buddhist teachers. His books include *Awakening the Buddha Within* (400,000 copies in print) and *Natural Radiance*. He is a regular contributor to *Tricycle*, *Yoga Journal*, *Tikkun*, and *Beliefnet.com* and teaches throughout the U.S. He lives in the Boston area.