



Buddha Is as Buddha Does

Surya Das

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In 2006 His Holiness the Dalai Lama, who calls Lama Surya Das the American Lama, said to an American audience, "It is not enough just to meditate and pray, which are always good things to do, but we also must take positive action in this world."

In the process of awakening, the Buddha realized that all of us, deep within, are inherently perfect and whole, with the capacity to overcome suffering and transform ourselves into forces for good. In this book national bestselling author Lama Surya Das, one of the foremost American Buddhist teachers, offers a thorough, tried-and-true map to the richest treasure a human being can find—Buddha's advice for living to your true potential. By following these guidelines, you will enter into a life of greater joy, clarity, peace, and wisdom than you ever thought possible.

Whether you consider yourself a Buddhist, Christian, Jew, Muslim, Hindu, atheist, or agnostic, *Buddha Is as Buddha Does* enables you to reflect more deeply upon how you think, speak, and behave in each moment and to explore more intently your relationships with others. Appropriate for new seekers as well as experienced practitioners, and accompanied by lively anecdotes and practical exercises, this is one of the most accessible books to date on the ancient and timeless wisdom of the Buddha. *Buddha Is as Buddha Does* is for everyone who seeks to become a better person and share in the bounty of true Buddha nature.

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