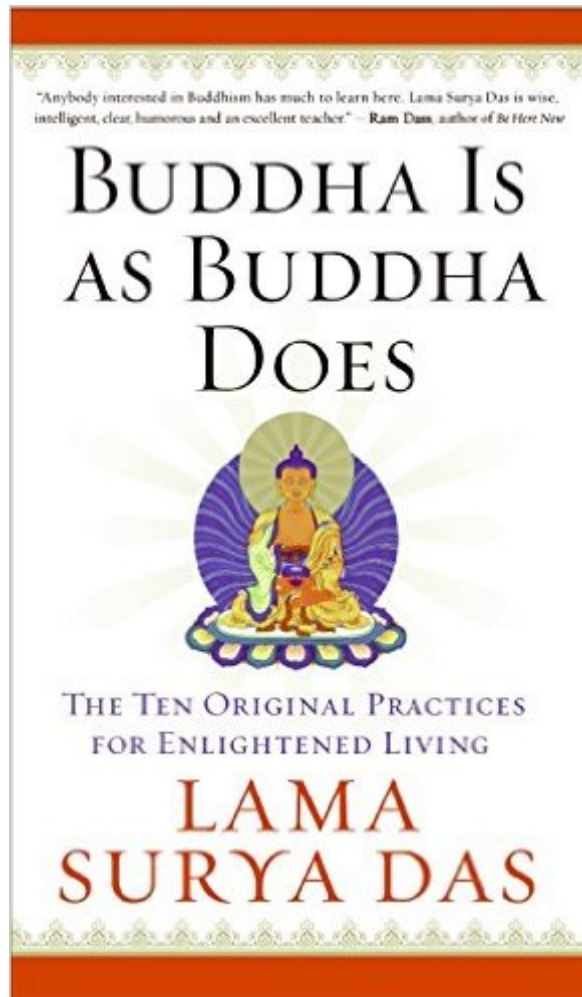


The book was found

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



Synopsis

In the book you now hold, national bestselling author Lama Surya Das offers a thorough map to the richest treasure a human being can find—the Buddha's advice for living to your true potential. 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.

Book Information

Paperback: 288 pages

Publisher: HarperOne; Reprint edition (February 26, 2008)

Language: English

ISBN-10: 0060859539

ISBN-13: 978-0060859534

Product Dimensions: 5.6 x 0.7 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars— See all reviews— (36 customer reviews)

Best Sellers Rank: #170,318 in Books (See Top 100 in Books) #16 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana #248 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #3986 in Books > Self-Help > Personal Transformation

Customer Reviews

This is the first of Lama Surya Das's books that I have read and it will not be the last. *Buddha Is as Buddha Does* is the most practical and useful book I have read yet on Buddhism for the modern American mind. The wisdom within its pages can be appreciated and applied by Buddhists and non-Buddhists (such as myself) alike. Lama Surya Das guides his readers along a ten-step path towards spiritual enlightenment utilizing the original six paramitas (perfections) of the Buddha: generosity, ethical behavior, patience, heroic effort, mindfulness through meditation, and wisdom, and appends the four additional practices of Mahayana Buddhism: skillful means, spiritual aspirations, higher accomplishments, and awakened awareness. It is as if this book has two parts, the first encompassing the original six practices on how to live a life of selfless compassion. The second part outlining the latter four practices borders on the mystical or miraculous, but enlightenment itself is a miracle in our modern world. For those like myself who wish to live a better,

more fulfilled life while still adhering to the mundane necessities of contemporary life, such as meeting sales quotas to pay the mortgage, etc., this is a useful book. What I appreciate the most is that although Lama Surya Das is a lama trained in Tibetan Buddhism, he demonstrates a knowledge of all religions, including in this book inspirational passages from the Christian bible, Sufi mystics, and his own Jewish roots, as well as other schools of Buddhism such as Zen. It is this inclusiveness that has attracted me to Buddhist literature.

I had actually looked forward to reading this book. Das is a well-known name in Buddhist circles, and his book *Awakening the Buddha Within* was promoted by Ken Wilber and even became a best seller. The man apparently also has several (3?) intensive retreats Tibetan-style (living in a shack for 3 years, sleeping upright, the works) so I assumed he must have an abundance of insight to offer. Maybe he does. I've now read the book, but I'm still not entirely sure. You see, the first thing that hit me when I started it was that it felt like a self-improvement tract, ala Anthony Robbins. There is the relentlessly exuberant optimism that pervades much of the more lightweight self-improvement books, and the saccharine prose was freighted with the sort of populist, feel-good catch phrases of American Buddhism that I've really become tired of - "we're all Buddhas" filled with "Buddha-nature" if only we could see into our "inner being" yada yada yada. The book is about the paramitas ("perfections") as they are described in Mahayana and Vajrayana Buddhism. Contrary to the subtitle, though, the practices described here are in no way "original." The oldest texts (the Pali) also describe ten perfections, but they are a different ten. (See Acarya Dhammapala's little gem of a work *A Treatise on the Paramis* for more about this.) The later traditions (Mahayana and Vajrayana) compiled a different set of practices (also ten), but even there the Mahayana initially had only six, and these form the core of the list Das describes. This kind of loose "scholarship" (if that's the right word for it) is evident also in his frequent quotes from Buddhist literature and sutras.

[Download to continue reading...](#)

Buddha Is as Buddha Does: The Ten Original Practices for Enlightened Living
Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple)
The Candle Cafe Cookbook: More Than 150 Enlightened Recipes from New York's Renowned Vegan Restaurant
The Ultimate Horse Behavior and Training Book: Enlightened and Revolutionary Solutions for the 21st Century
Enlightened Equitation: Riding in True Harmony With Your Horse
Bind Us Apart: How Enlightened Americans Invented Racial Segregation
The Heart Treasure of the Enlightened Ones: The Practice of View, Meditation, and Action: A Discourse
Virtuous in the

Beginning, Middle, and End The Fragrance of Faith: The Enlightened Heart of Islam The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals The Enlightened Cyclist: Commuter Angst, Dangerous Drivers, and Other Obstacles on the Path to Two-Wheeled Transcendence The One Minute Millionaire: The Enlightened Way to Wealth Enlightened Sex Living Buddha, Living Christ 20th-Anniversary Edition Living Buddha, Living Christ Ten Little Fingers and Ten Little Toes lap board book Diez deditos de las manos y Diez deditos de los pies / Ten Little Fingers and Ten Little Toes bilingual board book (Spanish and English Edition) Ten Lies and Ten Truths (Hudson, Parker) A More Perfect Ten: Writing and Producing the Ten-Minute Play The Ten-Year Turnaround: Transform Your Personal Finances and Achieve Financial Freedom in The Next Ten Years Ten Little Fingers and Ten Little Toes padded board book

[Dmca](#)