



Awakening to the Sacred: Creating a Personal Spiritual Life

Lama Surya Das

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Lama Surya Das, author of the bestselling **Awakening the Buddha Within**, is the most highly trained American lama in the Tibetan tradition. In this elegant, inspiring book, he integrates essential Buddhist practices with a variety of other spiritual philosophies and wisdom traditions, to show you how to create a personalized spiritual practice based on your own individual beliefs, aspirations, and needs. Through reflections on his own life quest, thoughtful essays, and entertaining stories, Surya Das examines the common themes at the heart of any spiritual path, including faith, doubt, love, compassion, creativity, self-inquiry, and transformation. He then explores prayer, yoga, chanting, guided meditations, breathing exercises, and myriad other rituals, providing practical examples of each that we can use day-to-day to nurture our inner spirit.

Awakening to the Sacred: Creating a Personal Spiritual Life Details

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From Reader Review Awakening to the Sacred: Creating a Personal Spiritual Life for online ebook

Lin says

This is kind of a beginner's guide to Buddhism, but Surya Das is also open-minded to other spiritual traditions and gives them token time. I found this book to be very thought-provoking, but clearly not for everyone.

Cheryl says

This is a book that you have to read once, then go back with a hi-lighter and read it again. Then when you finish that, go back and pick out the pieces that resonate with you and see how you might change your spiritual life.

Kandice says

This was OK, and perhaps if I'd read it first I would have liked it more. However, I read Awakening the Buddha Within a long time ago, and this just seemed like the same book revisited. Probably a good book for new readers but lacking quite a bit for those who have studied anything else on Buddhism.

Brian Baker says

I have read a few books by Lama Das and this book was geared more to someone that was looking for a spiritual path, not necessarily in Buddhism but something that would hold them together in trying times. I liked the way the book was set up and I was surprised to see the section on prayer, something I wasn't expecting. I knew Lama Das was raised Jewish but it never occurred to me that he might still use some of those prayers or others in his daily life.

Among the things I'm taking away from this book are a daily prayer book. I don't pray, because as a Buddhist I never really understood who I should pray to. Lama Das helps with that on his section on prayer.

Learning meditation the Dzogchen way is something I will have to read more on and may have re-read the section.

Thanks again Lama Surya Das for giving me the tools to practice.

Cassandra Kay Silva says

I wish the author would share more of his personal life. I think it would add flavor to this book as he seems to have had many encounters with the spiritual, but glosses over these experiences. Especially given the

number of mentors and locations he has lived. Perhaps he is a bit more personal in his other books?

Andrea Staats says

Very clear and accessible intro to some pretty complicated ideas. Lots of suggestions for incorporating meditation into your life.

Kreeti Shakya says

I find it hard to comprehend or summarize this book in a few words because it had many elements, many ideas in it. What I can say is that this book is for the ones interested in or already in the spiritual path. It contains snippets of inspiration and motivation written in a very matter-of-fact manner for the seekers of the spirit. There are two things I've taken from this book: 1. I started a prayer notebook. 2. I composed a haiku. This is not a book you complete in one sitting but something you can revisit over and over again one chapter at a time, one idea at a time over years whenever you need inspiration to continue in your path of dharma.

Svetlana says

I completely fell in love of this book, partly because I'm a seeker, as the introduction of this book says. This book is awesome guide for anyone who is a seeker. Lama Surya Das explains it all in chunks that are understandable and most of the information can be taken away and used in your seeker pathway.

ETA: Even though it was written in the late 1990's, it still reads as a year 2000 and on book. I was able to connect with what he said about the Internet from the late 90's in the 2013 world.

Mary Bulbrook says

I especially love what Surya has to say about love

Opening the Heart: Learning to Love p 132 - 153

The Dala Lama told his followers, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

"Learning how to love is the goal and the purpose of spiritual life - not learning how to develop psychic powers, not learning not how bow, chant, do yoga, or even meditate, but learning to love. Love is the truth. Love is the light.

There are three separate and distinct kinds of love:

1. Instinctive love, 2. Emotional love 3. Conscious love.

Walking the spiritual path means that we are trying to learn to love consciously....

Mary Jo

Cheryl says

I think I underlined and made notes in the margins of 1/4 of this book. A wonderful read, meant to be read more than once (this was my second time reading it). His wisdom on mindfulness, meditation, prayer, karma and what it means to be enlightened are invaluable. I believe that Buddhism philosophy and psychology actually marries well with other religions, and lama surya Das seems to think that's not a problem either. I enjoyed this book immensely and can't wait to read more from him...and maybe even this one again!

Michelle Barker says

A wonderful, accessible book about bringing more spirituality into one's life. This is not the first of Lama Surya Das's books I've read. His work is consistently accessible, welcoming and well written. Regardless of one's religious affiliation (or lack thereof), he makes the practices of Buddhism into something compatible, something that will enhance your life no matter where you're at.

"Why pretend to be unhappy, harried and miserable? Since we all pretend anyway, why not pretend to be happy for a change? See how that feels."

Nicole says

I learned to look at life with more detail and be grateful for what my eyes get to see and what my heart gets to feel every day. This book is a great read for someone that is looking to open their heart and their mind. It is a good intro into Buddhist philosophy without being overwhelming at all. Read it about 7 years ago and it still sticks with me.

Erin and Jim says

This is such an amazing book that I would recommend to anyone who is yearning for a bit of spiritual exploration. Lama Surya Das has written a practical, compassionate, and accessible guide to understanding and expanding one's spiritual realm. -EL

Craig Bergland says

An outstanding look at developing what I and others would call an Interspiritual perspective that brings out the best of our pluralistic spiritual world. Providing great insight into his own journey, Lama Surya Das is humble, not the least bit coercive, and encourages seekers to develop practices and perspectives that work for them. Great book!

The Overflowing Inkwell says

DNF about halfway through. I'm just not a fan of Buddhism. I expected something different based on the title/subtitle ("creating a spiritual life from scratch") - but there's nothing about creating anything from scratch. The book is just a mix of the author's personal journey in Buddhism and the parts of Buddhism that they want to share with the reader. After the travesty of the Law of Attraction books by the Hicks horrors, anything spiritual right now isn't sitting well with me, so on top of not caring for the faith presented, this is an all-around flop for me. Might come back to it after several years after I've moved on a little, or give it away so someone who wants to read it can.

Richard Williams says

Awakening To The Sacred - Creating A Spiritual Life From Scratch by Lama Surya Das (1999)

Linus says

Very good, particularly the end which gives concrete advice on how to do a spiritual path. One of the most telling things is that from Lama Surya Das' point of view, a Buddhist or spiritual path can be done anywhere and pretty much with anyone (not necessarily hardcore Buddhist). This opens the door and keeps it open for all, something that I've always like about his philosophy.

Siobhan says

As usual Lama Surya Das does an excellent job in his writing to make the reader feel comfortable. He's passionate about spirituality, he's open minded and supportive of different paths and practices. This book is a good reminder to even seasoned practitioners of ways that they can step up their practices.

Alice says

Learned a lot more about Buddhism and a clear explanation of the difference betw. Buddhism and Hinduism. Many wonderful anecdotes and quotes, from Thich Nat Han & the Dalai Lama to Ben Franklin & Virginia Woolf.

Daniel Davis says

Third eye-opening.

