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Meaning And Connection Into Every Part Of Your Life  
By Lama Surya Das**



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### **Surya das - wikipedia**

Surya Das (born Jeffrey Miller in 1950) is an American lama in the Tibetan Buddhist tradition. . 1998, Awakening the Buddha Within: Tibetan Wisdom for the Western World, Paperback 432 pages 2001, Awakening the Buddhist Heart: Integrating Love, Meaning and Connection into Every Part of Your Life, Paperback 272

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“Information about life after awakening is usually not made public,” explains Adya. .. infinite, and connected without boundary as every part of it in a field of love. .. have been into Tibetan buddhism, which methods I have practiced. .. You cannot force your heart to unfeel what it feels, your heart is not to

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Awakening the Buddhist Heart will be his fourth book, and his third published by "Life is about relationship-the relationship we have with ourselves, with each other, as the connection to that which is beyond any of us yet imminent in each of us. In this loving and generous book, the American-born and Tibetan-trained

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Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars, one of the main interpreters of \*Awakening the Buddhist Heart: Integrating Love, Meaning and Connection into Every Part of Your Life (2000).

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His books include: Awakening the Buddha Within, Awakening the Buddhist Heart: Integrating Love, Meaning and Connection into Every Part of Your Life," and

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In 2011 she co-founded the Buddhist Insight Network, and since 2012 has been serving at the Insight . A Spiritual Life From Scratch; and Awakening the Buddhist Heart: Integrating Love, Meaning and Connection into Every Part of Your Life.

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