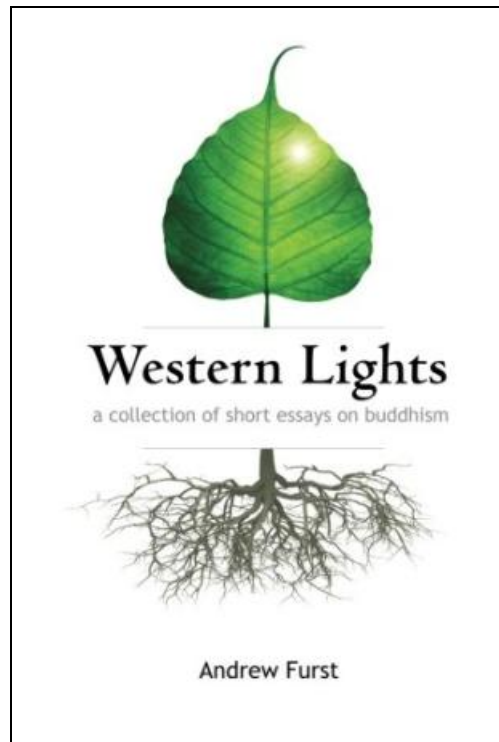


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WESTERN LIGHTS: A COLLECTION OF ESSAYS ON BUDDHISM (PAPERBACK)



Story Merchant, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Personal experience has proven that my body has to do nothing short of screaming to get my attention. In my mid-thirties I was working sixty plus hours per week. I loved the opportunity, I wanted the money, but then came the back spasms. And that was the alarm that I needed. The lightning had struck. It was time for change. Andrew Furst *Western Lights* BUDDHISM is an ancient eastern tradition steeped in the culture of India, China, Tibet, Thailand, Korea, and Japan. It s still acquiring its form and voice in the west. For Americans to benefit from its wisdom, it needs to find a place in our hearts and minds. *Western Lights* is a collection of essays from the viewpoint of a Western Buddhist teacher. It speaks about Eastern concepts like karma, hope, attachment, and amptiness from a personal perspective and in terms familiar to Americans. They re grounded in subject matter familiar to Americans like politics, science, psychology, heaven, and nature. I hope to help the reader find a personal connection to this ancient tradition and discover what it has to say about the challenges of contemporary life. INTRODUCTION This collection of short essays was gleaned from my first foray into writing- blogging for the Buddhist Meditation Group at the Unitarian Universalist Church of Reading. To those looking for insight on the path to writing a book, this was my route. In many ways, this book is a selfish venture. It has allowed me to see how everything and everyone are the Buddha teaching me. Writing has also allowed me to see my mind, mostly its cluttered nature,...



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