



# **Awakening the Buddhist Heart: Integrating Love, Meaning, and Connection into Every Part of Your Life**

*Lama Surya Das*

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**Surya Das illustrates how to develop authentic presence, how to connect to our own life experience, build deeper relationships, embrace life's lessons, as well as learn how to love what we don't like.**

Everyone needs to feel connected, to love and feel loved, to reach out to others and communicate in order to overcome alienation, loneliness, and a feeling of being disconnected. In AWAKENING THE BUDDHIST HEART Surya Das shows you how to reach inward and outward.

By developing spiritual intelligence, a sense of compassion that helps us be more sensitive, more aware of our own feelings and the feelings of those around us, we become more intuitive; we relate better and love better. Cultivating spiritual intelligence and learning how to connect will improve our capacity for intimacy, making us better mates, friends, parents, and coworkers; it helps all of us to become more giving and brings us fulfillment, meaning, and love. With tremendous insight he explores specific ways in which we can more fruitfully relate to our own experiences as well as each other in today's fast-paced, complicated, and often confusing world.

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