



Buddha Standard Time: Awakening to the Infinite Possibilities of Now

Lama Surya Das

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"Awealth of inspiration and practical tips for enjoying the Kingdom of God, thePure Land of the Buddha, now." —Thich Nhat Hanh, bestselling author of *Peace Is EveryStep*

"Fornewcomers to Buddhism (and non-Buddhists interested in universal wisdom!) and‘old hands’ at practice . . . [Das] promises nothing less than a liberatedlife, freed from angst over the tyranny of time, though the practice of lovingpresence." —Sylvia Boorstein, author of *Happiness Is An Inside Job*

Internationallyrenowned meditation scholar Lama Surya Das delivers a penetrating and practicalguide to discovering the power of living fully in the now. In the tradition ofthe Dalai Lama’s *The Art of Happiness* and Noah Levine’s *Heartof the Revolution*, *Buddha Standard Time* is a roadmap to discoveringyour own inner kingdom of awareness, patience, and love.

Buddha Standard Time: Awakening to the Infinite Possibilities of Now Details

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From Reader Review Buddha Standard Time: Awakening to the Infinite Possibilities of Now for online ebook

Aims says

My first official audiobook! This had a lot of good tips and tricks for being more mindful and present, and the narrator's voice was very soothing. I find it very awesome that I finished an entire book while at work, it makes me feel very accomplished!

Arminzerella says

If you've ever felt stressed out, overworked, under pressure, underslept, and as though there are not enough hours in the day, this book is for you. Lama Surya Das understands where you're coming from and can provide you with the tools you need to live in the now, slow down your crazy fast-paced life, and find time in unexpected places. Not only will you slow down, you'll also become more efficient, more productive and happier if you take time for meditation, reflection, and yourself. Practice exercises are included in each chapter.

This makes a lot of sense. Unfortunately, I don't think I'll be very good at sticking to the Lama's advice (and meditating), unless I'm constantly reinforcing the behaviors. At least meditation is something that can be done in motion – that's how/when I do my best thinking (while I'm walking around). Still, while I was listening to this, I took some time off away from the insisting pressures (and temptations) of my computer and job, as well as other distractions I didn't need to focus on. Quiet, reflective time did indeed clear out some of the noisy clutter in my brain – I slept better, worked better, and accomplished a lot. This will bear re-readings/re-listenings. Just listening to it made me feel calmer and more at peace. That's something.

Daiyaan says

I enjoyed the cross cultural and religious references in this book which really helped make it accesible to people who do not necessarily believe in Buddhism. I did however think that the author wasn't always qualified to use draw certain scientific conclusions from evidence that he had gathered, probably, in short articles or from newspapers.

The methods of meditating were useful and should help anyone who reads the book. Overall I think it is an enlightening experiance and would definately recommend it to anyone who is interested in meditation as a form of stress relief.

Beth Borzone says

I've already read a lot of books about Buddhism so there wasn't a lot new here for me, but I did really like the strategies on how to incorporate mindfulness into our everyday lives during this modern era. It was a nice refresher for me to remind me of practices I could do more often and also had some new suggestions.

Woodallen says

Lama Surya Das is an enlightened thinker, teacher and writer. Buddha Standard Time is a joy to read. I highly recommend this book to everyone who needs help de-stressing and enjoying the time in a day again.

Alain Burrese says

In the hustle and bustle of today's world, it seems that there is never enough time, and the stress of trying to juggle everything as we worry about the past and feel anxiety about the future keeps us from living the life we really want to enjoy. And while there are many "time management" books that can help, none are quite like "Buddha Standard Time: Awakening To The Infinite Possibilities Of Now" by Lama Surya Das.

Drawing from Buddhist wisdom, this book will appeal to Buddhists and non-Buddhists with its practical advice on living in the here and now. The book helps us realize that we really do have all the time in the world.

Lama Surya Das is one of the leading Buddhist teachers and scholars in the United States, and he has the ability to relate Buddhist teachings in a manner that is easy for Westerners to understand. And one of the lessons that is extremely important from this book is that taking time for yourself, especially to meditate, enables you to live more fully in the now, thus not only reducing your stress levels but allowing you to find more focus, fulfillment, creativity and wisdom in your life.

Throughout the book there are exercises to help you focus on breathing and meditation. Some of these are very simple, but have amazing effects on your outlook on life. By doing these exercises and taking time for yourself, you start taking time for your life, and that is what this book is all about.

If you are Buddhist, you will especially enjoy this book and the exercises that will fit nicely with your practice. If you are not Buddhist, this book still provides pragmatic advice on dealing with time and living in the moment. The book is suitable for anyone wanting to live in the now and get out of the rush of the rat race that today's society seems to foster. So slow down and live in the present moment by living in Buddha Standard Time.

Frieda says

Mr. Das provides valuable insight for time management through Buddhist principles. This book is perfect for those who are constantly on the run, taking on too much and wondering why life moves so quickly.

Paula says

Awesome book. Reminded me of many things that I learned on my yoga retreat this summer. Mindfulness and living in the present moment is the key to happiness.

Laine Coates says

Great book to help you think more about mindfulness in Buddhism. Definitely peaked my interest in learning more about meditation.

Djrmel says

Stop and smell the roses.

Repeat.

Choose your relationship with the universe from the menu of any religion or philosophy, leaving out the parts that dwell on the past or stress you about the future.

Now stop and smell the roses some more.

Snark aside, I actually thought this was a decent book for bits and bobs about how to dwell in the present.

ETA: Okay, that was a damn with faint praise sort of review, and this book deserves better than that. Case in point, this morning when I was mentally going over what I wanted to accomplish today, some of what Das pointed out about a balance between right and left brain came back to me. I'd never thought of there being a correlation between balanced hemispheres in a brain and The Middle Path, but it does make sense. Perhaps I need to give the book a second read to see what else I didn't pay enough attention to the first time.

Viv JM says

I found this a little disappointing really. There are some nice meditative practices explained, and some interesting scientific theory about the benefits of meditation. Other than that, I didn't feel it offered anything very astounding and was a little too lacking in the Buddha aspect of "Buddha Standard Time" for me personally. It had a self-help-for-stressed-out-executives vibe about it, which wasn't really what I was looking for! Not a bad book, but not exactly life changing either. I think if you want to read about living mindfully in the moment, you would be better with any of Thich Nhat Han's books.

J. Maximilian Jarrett II says

Make peace with time and you will find: Peace is every step. Knowledge. Truth. Power. Freedom. The Tao does nothing, yet leaves no thing undone. Water finds its own level. The middle way. Being there while getting there. The only way out is through. See clearly to clearly be. Enough said.

Bryce Holt says

A life-changing reminder of how we perceive time and its effects incorrectly in the modern world. Lama Surya Das is a Jewish Long Islander converted to Buddhism back in the 60's/70's, so his relationship to growing up in an American lifestyle, converting to Buddhism and then reestablishing himself into the American landscape with his Buddhist practices proved utterly fascinating to me.

You know, this book helped me breathe. I realized just how little I was focusing on breathing, and that slight adjustment (among a half dozen others I'm beginning to incorporate into my life courtesy of this literature) is changing me in powerful ways. I realized that I'm doing a lot right (using my mobile phone extremely sparingly, disconnecting after work and trying to give myself time to calm down in the evenings), but there's so many changes that need to be made still. This was a great step in the right direction for me, and made me think deeply about further exploring Buddhism in relation to my Christian heritage.

I needed this in a way I haven't needed a book in a very long time, so the message worked for me. Be flexible with your belief structure entering it, and you might get more out of this than you could possibly put in.

Ah, one last note? I did the audiobook. It was great home to work/work to home exercises. Give it a shot.

Katy says

There are some good points in this book, but I was hoping for a much richer and deeper exploration of time. Basically the book talks about ways the standard aspects of Buddhism (meditation, etc.) can affect how you perceive time. But the focus is more on alleviating stress and therefore caring less about time. It's a fairly basic introduction. I wish the author had focused more on his own mediation experiences and less on telling us about secondhand sources on neuroscience and meditation, and other peoples' stories (Jill Bolte Taylor, e.g.) about time.

I listened to an audio version in which the narrator mispronounced lots of names and words: Thich Nhat Hanh, bodhicitta, and a half dozen other words.

Michele Harrod says

I read this book in Buddha Standard Time that's for sure - it has taken a while, but it has felt like dipping into a quiet meditation session with each chapter. This is really beautifully written. I simply get to the end of these sorts of books, and I despair - because I can't understand why we don't teach children a lot of these practices and principles at school.

Don't get me wrong - I'm a nerd. I enjoyed trigonometry and calculus, but neither have served me one dot in my adult life. I left school as insecure, ill equipped, and as painfully lost as I'm sure the rest of you did. It took friends being brutally murdered, a heart attack (my own) and pretty much seeing my own life begin to implode before my eyes at the age of 36, that finally had me reaching for understanding of a world I could no longer make any sense of. And thank goodness there were books like this one. In the depths of these very simple Buddhist ideas, I find a very deep and abiding peace. So I often return to Buddhist writings when I

feel the world is getting too noisy for me again. When the chaos and madness is becoming too potent around me. And I am reminded to return to my meditation practices. A place of hope opens up again, that makes sense of things in my world that are just completely nonsensical.

Why don't we teach children to still the mind, long enough to hear the voice within that guides us best. To where 'God' or whomever your religion dictates is your guide, sends his greatest advice and most potent truths? Instead, we fill their heads with noise and chatter, and let their inner voice of fear and doubt erode their self worth until medication seems their only hope of survival? Something is inherently wrong that we aren't teaching children some Buddhist practices to carry them forward into the world, and to provide them a place of calm and solace that is with them wherever they may roam. I come away from these books calmer and more centred. In a world of madness, I can find a place where redemption is possible, and where love is the only thing that ever matters. Self love, and compassionate love for each other. Find me children in our Western world who understand these concepts? In fact, find me 100 adults??

There were some real highlights in this book for me. I spent so many years trying to 'find myself' only to discover, I was right here all along. This book reminded me of that, and it was a joy to come back home again. We live in a time of war and ecological destruction, corporate greed, and overpopulation - where the 99% have so little and the 1% couldn't give a damn. And as I am now involved in Animal Welfare, I often struggle with coming to terms with an even new army of 'enemies' who seem to be out there, doing harm. I sometimes think, to engage in the world is to risk drowning in bitterness and rage.

I have been reminded, reading this book, that I cannot ever bring peace to the world unless I can find peace within. Therefore, in a time where I see so little to forgive, I have to dig as deep as I can, and find forgiveness for all. I think this piece, quoted in the book is one of the most humbling, and beautiful I have ever read : this prayer was found in 1945 beside the body of a Jewish child in the Ravensbruck concentration camp, where 92,000 women and children died :

O Lord,
remember not only the men and women of goodwill,
but also those of ill will.
But do not only remember the suffering they have inflicted on us,
remember the fruits we bore thanks to this suffering,
our comradeship, our loyalty, our humility,
the courage, the generosity,
the greatness of heart which has grown out of all of this.
And when they come to judgement
let all of the fruits which we have borne
be their forgiveness. Amen.

Wow, that is a forgiving heart for me to aspire to.
And I am reminded that this moment, right now, is perfect. The golden eternity. All there is.
I can highly recommend that you spend this now doing the following :
Breathe, smile, relax and settle down with a good Buddhist teaching!! Lama Surya Das offers a very beautiful one with this book.
