



# **Buddha Standard Time: Awakening to the Infinite Possibilities of Now**

*Surya Das*

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

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## **Buddha Standard Time: Awakening to the Infinite Possibilities of Now** Surya Das

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

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Internationally renowned meditation scholar Lama Surya Das delivers a penetrating and practical guide to discovering the power of living fully in the now. In the tradition of the Dalai Lama's *The Art of Happiness* and Noah Levine's *Heart of the Revolution*, *Buddha Standard Time* is a road map to discovering your own inner kingdom of awareness, patience, and love.

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