



## You Are Buddha: A Guide to Becoming What You Are

By Dennis Hunter

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We are all looking for greater meaning and wisdom in our lives. The problem is that we search for these things outside ourselves. The most profound teachings of the Buddha say that the wisdom we search for doesn't come from outside. It is already within us - it is our very nature. The spiritual path is simply a way of helping us uncover and manifest the wisdom we already have. Discovering our innate wisdom means learning to trust and rely not only on our intellect, but also on our intuition. It also means recognizing and letting go of negative thought patterns and emotional hang-ups that keep us confused and unhappy. You Are Buddha offers a practical guide to learning meditation, working with thoughts and emotions, becoming more deeply embodied, understanding the nature of mind, developing ethical conduct, and becoming an authentically mature human being. Through the path of meditation, action and insight taught by the Buddha, we can stop identifying with our false self and re-awaken to the wisdom we were born with. What Others Are Saying...



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