



Well Connected: Encountering Buddha In Everyday Life (English Edition)



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Irmentraud Schlaffer

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Format: Kindle eBook

Kurzbeschreibung

Can we make everyday life into a spiritual path? How do we combine work and meditation? This book introduces Buddhist ideas and principles in a new and practical way: through the most ordinary and mundane activities. It shows how the world and our fellow-beings are constantly reminding us of our natural and innate connections to enlightenment, sending us messages of love, compassion and awakening. We can learn to perceive, understand and make positive use of these messages by working with the network of connections that is all around us, in everything we do.

Well Connected takes its main inspiration from a great Buddhist text, the *Avatamsaka Sutra* and shows how every aspect of our lives can connect us, simply and directly, to wisdom, compassion and awakening. Most of us long for greater meaning in our lives. Here that search for meaning is expressed in Buddhist terms. However, the deepest significance of this search for truth passes beyond any specific religion.

The author has been a practising Buddhist for over 30 years. In her own teaching activity she aims to provide a way into Buddhist practice for Western people that is true to the tradition, but accessible at the same time. Thus the main focus of her writing is **applying Buddhist principles in modern daily life**.

Her main teacher is the English Dzochén master **Rigdzin Shikpo**, spiritual director of the Longchen Foundation (founded in 1976 by Chogyam Trungpa Rinpoche and Dilgo Khyentse Rinpoche, two of the greatest Tibetan teachers of the last century).

Excerpt:

Waking up in the morning is always associated with light. If it is still dark outside, we switch on the electric light. If there is daylight we open the curtains or pull up the blinds. In all spiritual traditions light and brightness are symbols for insight, spiritual clarity and enlightenment. So as we put on the lights or open the curtains or shutters, we can do so with the thought: "May light enter my life.", "May the light of wisdom arise in me." Or: "May all beings attain the light of truth and wisdom." Kurzbeschreibung

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