



# Like a Waking Dream: The Autobiography of Geshe Lhundub Sopa

*Geshe Lhundub Sopa*

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## **Like a Waking Dream: The Autobiography of Geshe Lhundub Sopa** Geshe Lhundub Sopa

Among the generation of elder Tibetan lamas who brought Tibetan Buddhism west in the latter half of the twentieth century, perhaps none has had a greater impact on the academic study of Buddhism than Geshe Lhundub Sopa. He has striven to preserve Tibetan religious culture through tireless work as a professor and religious figure, establishing a functioning Buddhist monastery in the West, organizing the Dalai Lama's visits to the U.S., and offering countless teachings across the country. But prior to his thirty-year career in the first ever academic Buddhist studies program in the United States - a position in which he oversaw the training of many among the seminal generation of American Buddhist studies scholars - Geshe Sopa was the son of peasant farmers, a novice monk in a rural monastery, a virtuoso scholar-monk at one of the prestigious central monasteries in Lhasa, and a survivor of the Tibetan uprising and perilous flight into exile in 1959.

In *Like a Waking Dream*, Geshe Sopa frankly and observantly reflects on how his life in Tibet - a monastic life of yogic simplicity - shaped and prepared him for the unexpected. His is a tale of an exemplary life dedicated to learning, spiritual cultivation, and the service of others from one of the greatest living masters of Tibetan Buddhism.

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Exactly why? Because this Like a Waking Dream: The Autobiography of Geshe Lhundub Sopa is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to hold up having that book? If I had been you I will go to the guide store hurriedly.

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