



Words *of* Wisdom

Lama Surya Das

koa books



INTRODUCTION

I was going to call this book *SOS: Sayings of Surya*, or possibly *Secrets from Tibetan Fortune Cookies*, or even *Duckbilled Platitudes*—but cooler heads prevailed, and came up with *WOW (Words of Wisdom)*.

Perhaps you have some sudden illuminations to add. Don't sell yourself short. When you feel hopeless in the presence of huge challenges, try to be an optimistic realist.

Together we can be beautiful and edify the world!

Lama Serious Das
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Don't just seek others' light.
Cultivate your own natural resources.



What we seek, we *are*.



Why exhaust yourself on tiptoes?
Be at ease on your own two feet.





One moment of total awareness
is one moment of freedom
and enlightenment.



Killing time is deadening ourselves.



The secret is Optimal Presence.

Find a way to do it and be it.



Singing is believing.



Why forgive and forget?
Better to forgive and remember.

Learn the lessons.



You can't control the wind,
but you can learn to sail.



It's not what happens to us but what we
make of it that makes all the difference.

Listen to yourself.
Know yourself.



Love without truth is blind.
Truth without love is deadly.



Wisdom is as wisdom does.

Life is breath.
Breath is spirit.
Spirit is joy.



I'm enlightened enough for now.