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Buddha Standard Time: Awakening to the Infinite Possibilities of Now

Lama Surya Das

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Buddha Standard Time shares one of the great realizations of Buddhism, one that anyone can learn to apply. Buddhist wisdom teaches that the minutes and hours of our days do not simply march from future to present to past-looming, engulfing us, passing us by forever. Rather, each moment is intersected by a fourth dimension, a dimension of timelessness. Only by accessing that timeless dimension, the Buddha believed, can we learn to fully inhabit the now.As an alternative to our ceaseless hustle and bustle, Surya Das offers listeners the possibility of living in Buddha Standard Time. Buddhists and non-Buddhists alike will discover reasons and inspirations, tools and techniques that not only significantly reduce the amount of stress in our lives, but help us find more focus, fulfillment, creativity, and even wisdom. The Buddha knew we're always free to live fully and completely in the present moment, and that doing so frees us from the burden of the past and the anxiety about the future. Living in Buddha Standard Time is in no way antithetical to modern life. Far from being at the mercy of time's demands, we will finally realize that we have, in fact, all the time in the world.

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