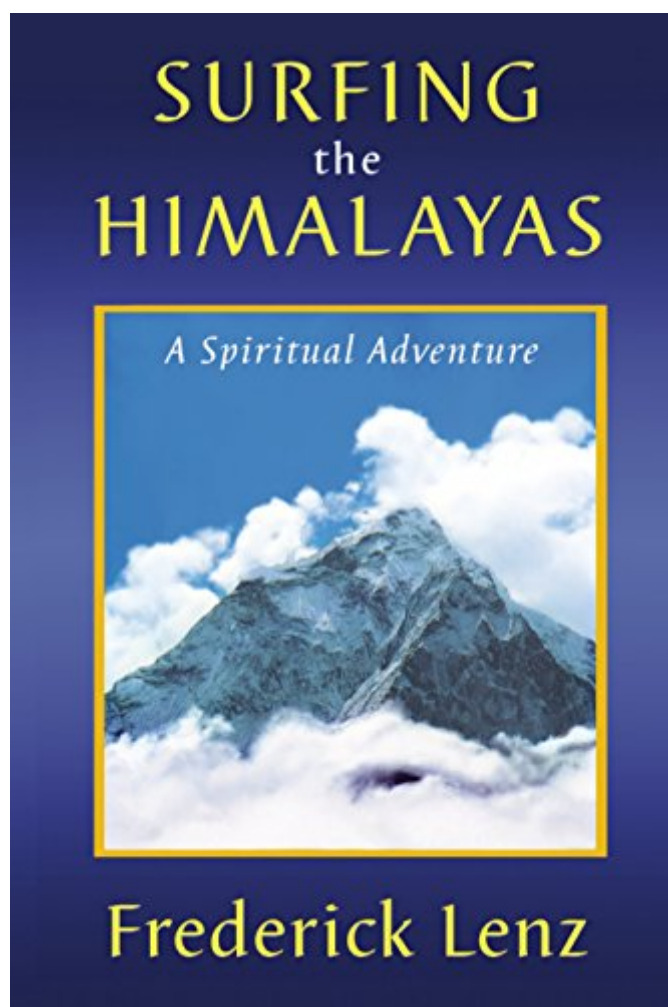


The book was found

Surfing The Himalayas: A Spiritual Adventure



Synopsis

• is the engaging story of a young American snowboarder who travels to the Himalayas seeking the ultimate high -- but surfs into an experience more transcendent than he could have ever imagined. In an accident of karmic destiny, the young man plows into a wizened Buddhist monk named Master Fwap who takes him on as a spiritual apprentice. Using snowboarding as a path to enlightenment, the charming and learned Master Fwap shows how, by freeing the mind and challenging the soul, one can master any mountain -- and master oneself.

Literary Reviews: • In search of his spiritual roots, an American who journeys to the Himalayas for the ultimate snowboarding meets a Buddhist Monk and finds his life transformed. This tells of the young man's unexpected encounter with spiritual enlightenment, and is based on Dr. Lenz's own experiences in Nepal. Written as a novel, it's especially recommended for those interested in spiritual journeys. • -- Midwest Book Review • A magnificent journey to the mountain within. • -- Lynn Andrews, author of Medicine Woman

Book Information

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Buddhism

Customer Reviews

I enjoyed this book as much as reading about the five Tibetan rites in the "secret of the fountain of youth". A great spiritual adventure that will make an impression on your soul.

Very interesting. I feel that even though it was written as fiction there is a lot of value contained in the information given by Fredrick, aka, Rama.

I like the theme of this book, and I think the overall message is great, but the writing is not all that spectacular. What did I expect, right? I would recommend this book to anyone hoping for a general understanding of spiritual identity, but it's not the best book I've read on the subject. As a snowboarder I was attracted to the plot, but I don't feel it goes into much detail about the actual riding he did, so it would be a good read for anyone - not just action sport enthusiasts.

I enjoyed this book. This is a light and good intro to Tibetan and Tantric Buddhist ideas. I would recommend it!~~~~

This gave this Christian a new perspective on spirituality. A great spiritual journey experienced through writing!

This book has interesting concepts, but is slightly on the sophmoric side in writing style. It did get my husband interested in zen concepts, but one would have to study more than this book to actually apply them to a person's life. (Surfing the Himalayas)

love it. wonderful book to read.

In 1990, I spent two months in Nepal and Tibet, and visited numerous monasteries. I have also been an amateur student of Buddhism, on-and-off, for a number of years. This book looked interesting, but I was disappointed. I have to agree with many of the comments of reviewer David Yeh, on the American site, whom I quote: " '...Master Fwap told me that most people who have been enlightened in their previous incarnations would normally begin to regain their past-life enlightenment-if they lived at sea level-at around the age of twenty-nine, when their astrological Saturn return took place. He said that living in or near sacred mountains, because of their beneficial auric influences, often made past-life returns happen even faster.' What?! Sea level? Saturn return? Auric influences? I'm not close-minded, but Lenz makes little attempt to make believers out of

non-believers, he throws out jargon like this with impunity."I did find some aspects of the book interesting, but I thought it got really bogged down, and it was hard for me to persevere to the end. Having done so, I felt disappointed. There wasn't any payoff for me.

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