



Like a Waking Dream: The Autobiography of Geshe Lhundub Sopa

Lhundub Sopa

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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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