

"Visionary ... [*Breakfast with Buddha*] captures the spiritual struggle for true belief and inner peace with wit, clarity, and subtle reality."

— *Library Journal*, starred review

Lunch with Buddha



A NOVEL BY
ROLAND MERULLO



Lunch With Buddha

Christine Toomey



Lunch With Buddha:

Lunch with Buddha Roland Merullo, 2012-11 Two brothers in law Otto an editor of food books and Volya Rinpoche spiritual teacher Take a road trip in a rattling pickup from Seattle to the family farm in North Dakota Along the way they have a series of experiences all aimed at bringing Otto a deeper peace of mind *Driving Jesus to Little Rock* Roland Merullo, 2021-07 Driving Jesus to Little Rock fits with Merullo's other beloved quirky spiritual books a list that has been translated to over ten different languages Eddie Valpolicella is on his way from Massachusetts to Arkansas to give a talk on his novel Breakfast with Buddha when he picks up a mysterious hitchhiker Plainly dressed insisting that he's a fan of the author the hitchhiker claims to be Jesus the Jesus and accompanies Eddie on a five day road trip that challenges him in an amusing variety of ways Jesus plays tricks appearing and disappearing changing shape vacillating from stern teacher to affectionate friend and Eddie confused suspicious and wrestling with his own preconceived notions of spirituality very slowly realizes that he's being given precious guidance in the art of living Merullo raises deep philosophical questions without sounding preachy and provokes readers to reflect on life while also making them laugh **Naked Lunch** William S. Burroughs, 2007-12-01 Since its original publication in Paris in 1959 Naked Lunch has become one of the most important novels of the twentieth century Exerting its influence on the relationship of art and obscenity it is one of the books that redefined not just literature but American culture For the Burroughs enthusiast and the neophyte this volume that contains final draft typescripts numerous unpublished contemporaneous writings by Burroughs his own later introductions to the book and his essay on psychoactive drugs is a valuable and fresh experience of a novel that has lost none of its relevance or satirical bite Buddha's Diet Tara Cottrell, Dan Zigmond, 2015-12-22 There's a lot you probably don't know about the Buddha For one the real Buddha was thin And before he became the Enlightened One he was a pampered prince named Siddhartha He tried dieting once and didn't like it any more than you do Instead he sought a middle way between unhealthy overindulgence and unrealistic abstinence The instructions he gave his monks about eating more than 2 500 years ago were surprisingly simple Fast forward to today and modern science confirms what Buddha knew all along It's not what you eat that's important but when you eat You don't need to follow the latest fads or give up your favorite foods You just have to remember a few guidelines that Buddha provided guidelines that believe it or not will help you lose weight feel better and stop obsessing about food Sure Buddha lived before the age of doughnuts and French fries but his wisdom and teachings endure providing us with a sane mindful approach to achieving optimum health *Buddha's Office* Dan Zigmond, 2019-12-03 Can enlightenment be found at the office From the co author of Buddha's Diet comes another book that shows how the wisdom of Buddha can apply to our modern lives this time exploring how Buddha's guidance can help us navigate the perils of work life Without setting foot in an office Buddha knew that helping people work right was essential to helping them find their path to awakening Now more than ever we need Buddha's guidance Too many of us are working long hours dealing

with difficult bosses high maintenance coworkers and non stop stress We need someone to help remind us that there is a better way With Buddha s wisdom at the core of every chapter Buddha s Office will help you learn how to stop taking shortcuts and pay more attention care for yourself and others deal with distractions and incorporate Buddha s ageless instructions into our modern working life It s time to wake up and start working in a more enlightened way One that is right for you right for our health right for your sanity and right for the world *A Little Love Story* Roland Merullo,2019-11-15 Selected as one of the 10 Wonderful Romance Novels by Good Housekeeping magazine *A Little Love Story* is a sometimes poignant sometimes hilarious tale of attraction and loyalty jealousy and grief It s a classic love story with some modern twists Janet Rossi is a very smart aide to the governor of Massachusetts but she suffers from an illness that makes her as she puts it not exactly a good long term investment Jake Entwistle is a few years older a carpenter and portrait painter also smart but with a shadow over his romantic history After meeting when Janet accidentally backs into Jake s antique truck they begin a love affair marked by courage humor a deep and erotic intimacy and modern complications Thoughtful restrained yet very sexy Roland Merullo captures what it feels like when you meet the one and what you re willing to do to hold onto that person wrote The New York Times **The Third Turning of the Wheel** Tenshin Reb Anderson,2016-08-01 In his previous book *Being Upright Zen Meditation and the Bodhisattva Precepts* Reb Anderson Roshi described how we must become thoroughly grounded in conventional truth through the practice of compassion before we can receive the teachings of the ultimate truth In *The Third Turning of the Wheel* he introduces us to the next stage of our journey by invoking the wisdom of the Samdhinirmocana Sutra According to Anderson the main purpose behind this enigmatic sutra is to reconcile the apparent contradictions between the original teachings of the historical Buddha and the later teachings of Mahayana Buddhism Anderson reflects on the great metaphysical questions proposed in the Samdhinirmocana Sutra the nature of ultimate reality the structure of human consciousness the characteristics of phenomena the stages of meditation and the essential qualities of a buddha with the clarity of a scholar and the insight of a practitioner *Moments of Grace and Beauty* Roland Merullo,2019-05 Every day around the globe there are billions of acts of kindness courage generosity and grace but we rarely get to hear much about them It is easier to write about the evil in the world than about the good Writers who focus on violence greed ugliness and hypocrisy can appear more sophisticated more intelligent more mature more aware of the world s true nature Award winning author Roland Merullo recognizes these challenges to humankind as clearly as anyone but also believes they get more than their share of coverage and that cargo of bad news can act as an oppressive weight on the mind At the start of a recent gray cold New England winter Merullo decided to make a list of some of the remarkable acts he has witnessed and the generous kind and brave people he has had the good fortune to know *Moments of Grace and Beauty* is intended to serve as a counterweight to the abundance of trouble in the news and is offered as evidence of the good will still present on earth **Stealing Buddha's Dinner** Bich Minh Nguyen,2008-01-29 Winner of the PEN Jerard Award Chicago

Tribune Best Book of the Year Kiriyama Notable Book A perfectly pitched and prodigiously detailed memoir Boston Globe As a Vietnamese girl coming of age in Grand Rapids Michigan Nguyen is filled with a rapacious hunger for American identity and in the pre PC era Midwest where the Jennifers and Tiffanys reign supreme the desire to belong transmutes into a passion for American food More exotic seeming than her Buddhist grandmother s traditional specialties the campy preservative filled delicacies of mainstream America capture her imagination In Stealing Buddha s Dinner the glossy branded allure of Pringles Kit Kats and Toll House Cookies becomes an ingenious metaphor for Nguyen s struggle to become a real American a distinction that brings with it the dream of the perfect school lunch burgers and Jell O for dinner and a visit from the Kool Aid man Vivid and viscerally powerful this remarkable memoir about growing up in the 1980s introduces an original new literary voice and an entirely new spin on the classic assimilation story The Buddha's Way of Happiness Thomas Bien,2011-01-01 Discover the Secrets to Happiness and Well Being The excitement you feel after hearing good news or achieving a goal is fleeting but true happiness that is the warm feeling of deep contentment and joy is lasting and it can be yours in every moment The Buddha s Way of Happiness is a guide to putting aside your anxieties about the future regrets about the past and constant longing to change your life for the better and awakening to the joy of living With this book as your guide you ll identify the barriers to happiness you create in your own life and use the eightfold path of Buddhist psychology to improve your ability to appreciate the small joyful moments that happen every day These exercises meditations and concrete approaches to practicing happiness and well being are drawn from mindfulness no self and other ancient Buddhist insights many of which have been proven effective by today s psychologists and researchers With the knowledge that happiness is a habit you can adopt like any other take the first step down this deeply fulfilling path on your life s journey In Buddha's Kitchen Kimberley Snow,2004-09-21 Kimberley Snow offers an outrageously funny and honest account of her adventures as head cook at a Tibetan Buddhist retreat center With her earthy sensibility and sharp sense of humor the author shows this world in a light devoid of preciousness while expressing with heart the integrity of the spiritual work being undertaken We come away from our visit to this exotic realm having found it both extraordinary and surprisingly familiar The neuroses obsessions and petty concerns exposed by Snow both in herself and her fellow staff members prove to be grist for the mill for discovering the grace inherent in life just as it is **Buddha'S Tooth** U. C. Fate,2015-05-06 U C Fate has only one little thing to do before he dies That is to kill God The novel opens on the very day Fate has scheduled for this public execution We are in Sri Lanka at the Buddhist Temple of the Tooth during Esala Perahera the sacred procession of the Tooth Relic But a not so simple twist of fate interrupts U C Fates plans God easily escapes while Fate himself is killed and by a pious mob of monks no less Yet instead of experiencing death our protoplasmic protagonist is rescued by an unasked for Resurrection U C Fate instantly Awakens both with God Consciousness and a far better sense of humor From here all the way to the hereafter U C Fate goes on a Magical Mythos Tour He revisits thousands of years of religious history each of his steps on this Inter and

Intra Religious journey are taken while wearing satiric slippers Culture chronology and traditional time simply lose their fixed frames as Ancient Greeks modern Rock n Rollers Catholic Conquistadors of Spain and present day Mormons argue with tribal American Indians over whose Truth is True The Incarnated God Quetzalcoatl is also here to fulfill Meso American prophecy i e The Second Coming only salsa style After this cosmic Love connection we come to the long awaited meeting with The Buddha Buddhas Paradise bridge is only open for Open Ended Beginnings This means U C Fate must return Buddhas Tooth He does so thereby restoring every religion to their Rightful Rites *Decisions and Orders of the National Labor Relations Board* United States. National Labor Relations Board, 2007 *Buddha's Brain* Rick Hanson, 2025-03-01 Change your brain change your life that s the message of this self help classic now celebrating 15 years in print with more than 500 000 copies sold In Buddha s Brain neuroscientist and New York Times bestselling author Rick Hanson draws on breakthroughs in neuroscience to show readers how to develop greater happiness love and wisdom This special anniversary edition also includes a new introduction from the author *Buddha's Child* Nguyen Cao Ky, Marvin J. Wolf, 2013-12-24 The history of the Vietnam War has rarely been told from the Vietnamese perspective and never by a leader of that country In Buddha s Child Nguyen Cao Ky reveals the remarkable story of his tumultuous tenure as Premier of South Vietnam and offers unprecedented insight into the war s beginning escalation and heartbreaking end A thirty four year old pilot and Air Force commander known for his fighter pilot s moustache flowing lavender scarf and his reputation as a ladies man Ky in 1965 agreed to lead South Vietnam after a series of coups had dangerously destabilized the nation Ky s task was to unite a country riven by political ethnic and religious factions and undermined by corruption With little experience in governing and none in international affairs and while continuing to fly combat missions over Vietnam Ky plunged into a war to save his homeland He served as premier until 1967 continued to be active in the war after his resignation and finally left Vietnam in 1975 during the fall of Saigon Buddha s Child offers Ky s perspective on the crucial events and memorable images of the Vietnam War the coup against and execution of President Diem the self immolation by the Buddhist monk and the radical Buddhists attempt to topple Ky s government the bloody and pivotal Tet Offensive the shooting of a Vietcong prisoner captured in one of the war s most notorious photographs the Paris Peace talks that sold out South Vietnam and the last desperate days of Saigon In frank language Ky discusses his own successes and failures as a leader and dramatically relates the progress of the war as it unfolded on the ground and behind the scenes including anecdotes about Lyndon Johnson Richard Nixon William Westmoreland Henry Cabot Lodge William Colby Henry Kissinger and many others Buddha s Child is a revelatory fascinating account of a nation at war by a most unusual man ***Walking Buddha's Path*** Derek Joe Tennant, 2012-05-18 Derek has returned to Thailand to finalize a divorce from his Thai wife She takes him to a police station instead where she has bribed officers to put him in jail for 20 years He tries to call for help and is beaten and severely injured He is placed in a prison outside Bangkok Derek tries to find the benefit in every situation and sees an opportunity to grow spiritually from this

adversity Each day he recalls what he knows about one of the paramitas virtues of the Bodhisattva Path He tries to put them into action even within the confines of prison life A friend from America a neighbor from Thailand and US Embassy staff all try to locate the missing American These spiritual teachings are useful to any who follow them Walking Buddha's Path is an introduction to a way of being that permeates everyday life and fills it with spiritual energy and delight One need not be Buddhist to understand and benefit from this approach to life These virtues help all who use them Buddha's Book of Sleep Joseph Emet, 2012 Sleep deprivation is a growing problem worldwide We go to our doctors for advice but they seem to have nothing but pills to counteract this predicament and these quick fixes fail to get to the root of the problem Buddha's Book of Sleep is the first book to treat sleep disorders from the perspective of mindfulness meditation Yet this is a natural choice mindfulness meditation has proven effective for other psychological problems such as stress depression and anxiety and these very issues are what become sleep problems when our heads hit the pillow Divided into two sections this book attacks sleep disorders with a combination of wisdom and practical meditation exercises The first section describes the reasons why mindfulness meditation's basis in self awareness is appropriate for dealing with this problem detailing the practices of this popular form of meditation The second section contains seven specific exercises to practice at bedtime or in the wee hours of the morning depending on when sleeping problems occur Supplying readers with a new perspective on why they cannot fall asleep even when they feel exhausted and arming them with easy to use tools from the practices of mindfulness meditation Buddha's Book of Sleep will help the reader calm their hurried thoughts and rest easy *Buddha's Book of Stress Reduction* Joseph Emet, 2013-12-26 From stress to well being give yourself the gift of the Buddha's peace No it is not all in your head life is stressful and some lives more so than others Yet people react to the same situations differently and recognizing the difference between what we can control and what we can't is crucial for stress management and it is an awakening in and of itself This practical book is designed to bring the benefits of mindfulness meditation practice to stress reduction Unlike other stress reduction books Buddha's Book of Stress Reduction also helps you develop the positive values of a calm and constructive attitude It takes you from stress where many of us find ourselves to well being From the author of Buddha's Book of Sleep which won the 2013 COVR Award for Best Book of the Year Buddha's Book of Sleep includes a foreword by Thich Nhat Hanh *In Search of Buddha's Daughters* Christine Toomey, 2017-03-21 A 60 000 mile odyssey in search of Buddhist nuns hailed as inspiring and necessary Kirkus ambitious Tricycle and compelling Financial Times They come to the monastic Buddhist life from every faith and career a policewoman a princess a Bollywood star a violinist Out of the public eye despite hardship and even persecution they vow to seek enlightenment in a world full of noise Who are these women What motivates them and what stands in their way Award winning journalist Christine Toomey investigates From Nepal to California she encounters unforgettable nuns who reveal the blessings and perils of carrying a 2 500 year tradition into the twenty first century Often denied equal status with monks they are nonetheless devoted to their faith and to change

Buddha's Bad Boys Alan Chin, 2015-02-15 There are many reasons why Western men turn to Eastern religion searching for inner truth lost love loneliness fleeing the law hopelessness alcoholism Some travel halfway around the world in an attempt to overcome their particular dissoluteness only to realize that improving yourself is like polishing air What they eventually discover nevertheless is one of the Buddha's most significant lessons enlightenment comes to those whose singular focus is on helping others less fortunate Six stories six gay men trudging down the road to enlightenment What they each find is the last thing in the world they expected

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Lunch With Buddha** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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