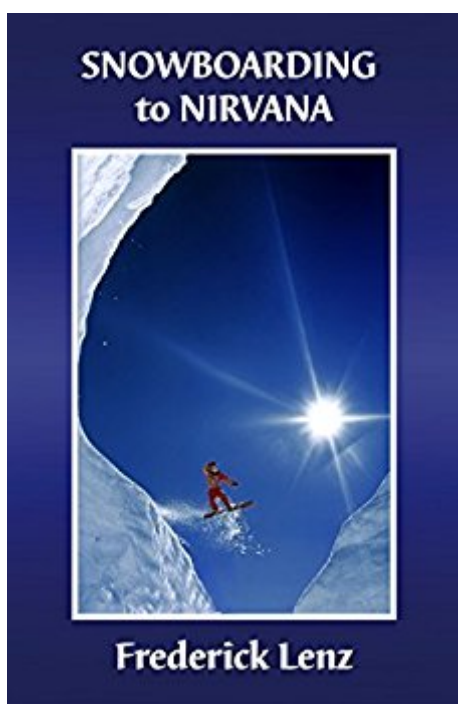


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# Snowboarding To Nirvana



## Synopsis

The continuation of the national phenomenon, *Surfing the Himalayas*, takes the crack American snowboarder down the mountain again, this time around with greater spiritual enlightenment he gains through experience (the greatest teacher of all). As our snowboarder continues his lessons of enlightenment with Master Fwap, he also encounters earthly love in the form of a beautiful and wise Danish woman. A paradox ensues and a mystery is set forth, the secret of the missing dimension. • The secret must be understood and solved before our snowboarder can comprehend the next levels of Buddhist lessons. Along the way, a wise, mysterious oracle of Nepal introduces our hero to Tibetan tantric texts that become crucial in solving this riddle. Snowboarding once again becomes the metaphor for maneuvering one's self through the trials and tribulations of real life. By learning to concentrate, meditate, and understand, the sport of life can be easily mastered.

About the author: Besides being a world-class snowboarder and black belt in martial arts, Frederick Lenz was an author, teacher of meditation and spirituality, music producer and active participant in several advanced technology companies. A Phi Beta Kappa and magna cum laude graduate of the University of Connecticut, he received a Ph.D. in English literature from the State University of Stony Brook. He lived in California and New York.

## Book Information

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## Customer Reviews

Of course I was going to buy this book! I read the first release, *Surfing the Himalayas*, and I couldn't wait to get my hands on this one. The first book explained meditation and mindfulness in a more clear and entertaining way than any other Buddhist or Eastern philosophy-type book I've ever read. The second go 'round of Frederick Lenz's intense adventures in the snow covered peaks of the world's largest snowboard park had me crazily wanting to go there myself. I started boarding after reading the first book, and it has effected my whole life - literally. The second volume of Tantric Buddhist knowledge and wisdom is a western Buddhist's crown jewel! These days, people who practice self discovery need something different to re-inspire their journey to enlightenment. If you want a new slant on ancient Buddhist teachings, this is what you've been looking for. It's easy to say, but the messages were so clear that I'm literally a changed person because of them. If you read this, Thank you, Frederick Lenz! I love snowboarding, and I love your books! THANK YOU! I am eagerly awaiting your next epic.

Snowboarding to Nirvana is so exciting that I finished it in only 2 nights - I couldn't put it down. There are really cool spiritual lessons in this book that I will never forget. I've read plenty of books on Eastern philosophy and religion but this one is by far the most fun and inspiring. The meditation techniques explained in the book are great - they are easy to practice and they really work. My intuition is stronger, I feel I'm more energetic throughout the day, I'm happier and more optimistic, and negative feelings and anxieties don't stick around as much! On top of that, the book is full of many adventures and romantic encounters intertwined with some really cool tips on this awesome sport - snowboarding. After reading this book I had to give it a shot! For the women out there - you gotta try it! Read this book and get on the slopes. But beware - you'll get hooked!

This book is not about the adventures of the snowboarder. It's about me, the reader. Each time I pick it up, I can tell how much progress I'm making in my practice by seeing how many new wonders the pages open up for me. If there were no other books for me to read, that would be ok, because Snowboarding has enough to keep me busy for the rest of my lives. It is a work on par with the ancient classics, a gift from Lord Buddha himself!

I have studied Buddhism both academically and also through my own meditation practice for many years. I think this is a very creative and fun way to present the concepts of Tantric/Vajrayana Buddhism. Some of the reviews that criticize its presentation of Buddhism seem to be coming from the perspective of other branches such as Theravada Buddhism, which focuses more exclusively on the 4 Noble Truths, Eightfold path etc. While these are part of Tantric Buddhism as well, the Tantric path is much more about shifting states of awareness, and utilizes what might be considered to be 'mystical' or esoteric techniques and rituals to that end. This book introduces that esoteric tradition quite well. It does mix in some New Age concepts, but I accepted those as being more for audience appeal than anything else, and I don't think this detracts from the overall material. As for actual snowboarding knowledge, it is true that you won't learn how to snowboard from this book! The snowboarding in the book is more of a metaphor for the Tantric meditative path. Overall I recommend this as a fun starting point for learning about Tantric Buddhism and for starting a meditation practice yourself. Lighten up! This is a novel.

With a mischievous sense of humor and a determined refusal to take himself too seriously, Dr. Lenz takes us on a roller coaster ride from the highs of the Himalayas to the lows of smogged-out LA, and leaves us in breathless wonder. I love this book, not only for the purity and beauty of the Buddhist concepts it discusses, but for making them so approachable to a member of Generation X growing up and living in the west. I read this book whenever I need to be reminded that there is more to life than the stressed out world that meets our senses. This book is a breath of fresh air. I recommend it to all spiritual seekers, snowboarders, and people simply seeking new dimensions of light and happiness.

Fans of Surfing the Himalayas will love Snowboarding to Nirvana. Those who disagree with the alternative spirituality world view (once called New Age) in general will probably also disagree with this book. They may, however, recognize it as the real thing, the work of a key figure in the alternative spirituality tradition." - Dr. Massimo Introvigne Director CESNUR (Center for Studies on New Religions) Torino, Italy

I loved the book. It was a quick and easy read, smooth plot, interesting characters, and timeless theme. I have since bought Surfing the Himalayas to check out Dr. Lenz's first novel. Thank you for the opportunity to read this great book. Jack Copeland Ski & Snowboard School Director Mammoth Mountain Ski Resort

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