



Make Me One with Everything: Buddhist Meditations to Awaken from the Illusion of Separation

Lama Surya Das

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What did the Dalai Lama say to the hot dog vendor? "Make me one with everything!" It's a familiar joke, muses Lama Surya Das, and one that holds a profound truth: that in addition to inner peace, meditation is a path for all-inclusive connection. In *Make Me One with Everything*, he invites us to experience this through the art of inter-meditation and other original practices that allow us to see through the illusion of separation.

"If you've ever felt 'at one' with something—your beloved or your child, a forest trail or a favorite song—then you've experienced inter-meditation," explains Lama Surya Das. Based on Tibetan Buddhism's core insights into the inherent essence of who we are, these teachings of shared spirituality offer both new and experienced meditators a better way to live—not just on the meditation cushion or the yoga mat, but in every moment of their lives.

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