

Press Release

Reviews

"This book presents an honest look into one of the most intriguing and controversial spiritual movements of the 80's and 90's. Rama was a very unconventional teacher and his teaching often caused people to rethink their basic assumptions on spirituality. In a way, he reminded me of my other idols of our age - Bruce Lee, Michael Jackson, and Steve Jobs. They were all not only filled with crazy passions about their lives, but were so unconventional in their approaches that they caused major disruptions in traditional values. They were people who believed in themselves, walked their own paths and did not compromise."

---Francis Wang, CTO, Xtelligent Inc.

"This fascinating biography captures the wisdom of a genuine, compelling teacher who combined absolute miracles with humor, fun and adventure... This is an original and exciting read."

--- Lynn Andrews, Author of the
Medicine Woman Series

Liz Lewinson

Author, speaker, technologist and long-time teacher/practitioner of meditation, Liz Lewinson first encountered a young American Buddhist teacher at a classroom at UCLA in the Spring of 1981. Rama's teachings on feminism inspired her to seek out the root causes of feminism and the power of women. Along with her study of Buddhism and meditation, Liz manages complex technology programs for global firms. During the 15 years she spent researching Blue Skies Buddha, she increasingly broadened her understanding and appreciation of Buddhism for the West.



Spiritual adventures, inspirational stories, and the pursuit of an uncommonly fine life, are some of the ways to describe the books published by Mystic Buddha. Our goal is present our readers with uplifting and inspirational stories that promote well-being, happiness, and compassion. For more information, please visit our website at: MysticBuddha.com.

Blue Skies Buddha

This acclaimed biography of the early teaching years of Rama - Dr. Frederick Lenz (1950 - 1998) highlights the new age spiritual renaissance of the 1970s and 80s and the founding of an original, deep-rooted movement of American Buddhism. Readers take part in a free-spirited adventure as they witness a wild, sports jock teenager transform into an iconoclastic, innovative spiritual teacher. For Frederick Lenz, boundary breaking was de rigueur as witnessed and reported by the 100+ students and colleagues interviewed by author Liz Lewinson.

Meditation, the empowerment of women, and Buddhist wisdom form the core of Dr. Lenz's teachings, which he shared and honed with boundless enthusiasm. He encountered opposition, of course, but he kept his priorities straight. When he visited Nepal at age 19, he encountered an aged monk who informed him he was a lineage bearer. He was to revive and re-establish an ancient school of enlightenment. He was to find his many past life students and help them achieve joyous enlightenment in this life or at least set them securely on the path. He was to do this in the West, using Western means.

In the East, centuries-old traditions maintain meditative pathways to enlightenment. In the West, facing a blank canvas, Dr. Lenz found new ways

to build mental and meditative prowess through careers such as computer science, visits to American "places of power," knowledge about real gender equilibrium (not monastic), movies, music, and dance. He taught these skills to American students and observed their success.

Whether you are one of Rama's past life students (or not!), reading this fast-paced biography will bring you new realizations and freedom, and immerse you in a peerless journey of transformation.

Blue Skies BUDDHA

LIZ LEWINSON

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