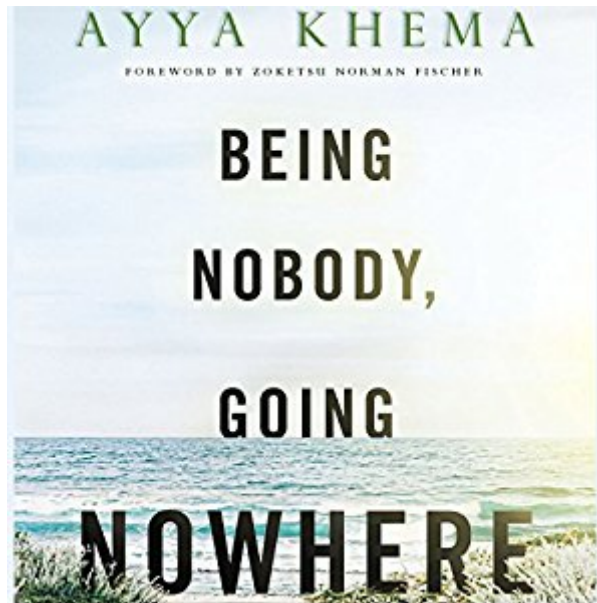




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Being Nobody Going Nowhere: Meditations On The Buddhist Path



Synopsis

In this lucid classic, beloved teacher Ayya Khema introduces the listener to the essence of the Buddhist path. She addresses the how and why of meditation, providing a clear framework for understanding the nature of karma and rebirth and the entirety of the eightfold path. With specific, practical advice, Ayya Khema illuminates the practices of compassion and sympathetic joy, and offers forthright guidance in working with the hindrances that we all encounter in meditation. Few introductory books are both simple and profound. *Being Nobody, Going Nowhere* is both.

Book Information

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Customer Reviews

Beautifully presented! Using everyday language, Ayya Khema frames the Buddha's Noble 8-fold Path in a way that is essential for a beginner and deeply meaningful to someone like myself who has been diligently practicing for several years. Ms. Khema takes you to the nuts and bolts of the process and to the Heart of it in a way that increases confidence and inspires. Some of the things she mentions, I had experienced and wondered about. Some of my lingering questions were also answered. I shared this with several friends and all felt similarly. After this simmers for a bit, I would also recommend another title, "Who Is My Self?" Both of these are gems of the Dhamma.

I think this is about the best book I have ever read, along with the *Power of Now* by Eckhart Tolle. The writer was an American, living the usual American life before she found deep joy on the

Buddhist path. I think this book cuts to the chase and gets to the heart of Buddhism. Just amazing!

One of the few books I ever willingly took notes on and made a personal mind map!!! Was Ayya Khama, perhaps, an arahant herself? After reading a book this well conceived and written, one must ask the question.

Haven't finished it yet, but EVERYONE should read this book! The planet would be a much happier place!

I loved the book. I probably will read it again as there's so much pertinent information and wisdom on the subject of mindfulness meditation.

Brilliant!!! Life makes perfect sense in this reading... highly recommend for anyone looking to free themselves of anxiety, depression or simply get the gist on life.

This book is such a great introduction to the Buddha. After reading it through once and underlining all over the place I am now outlining the book in order to fully incorporate the practices taught.

If you're a dedicated meditator, or if you want to be, you won't go wrong with this book. Buddhism is so clear cut...and she describes the whole path better than most. Love the book, have given several copies to friends....

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