

Being Nobody Going Nowhere Meditations On The Buddhist Path Ayya Khema

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Being Nobody, - Buddhist Publication Society

"Being Nobody, Going Nowhere" is based on a series of talks by Ayya Khema at a ten-day meditation course at Sri Lanka. A wonderful book, but I feel that the synopsis given is a little misleading. For Buddhists and non-Buddhists who have never meditated before and would like to learn how, please do not rely solely on this book as an instruction booklet on meditation techniques.

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