



## Being Nobody, Going Nowhere: Meditations on the Buddhist Path

By Ayya Khema

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**Being Nobody, Going Nowhere: Meditations on the Buddhist Path** By Ayya Khema

In this lucid classic, beloved teacher Ayya Khema introduces the reader 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.

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### **Editorial Review**

#### **Review**

Not just highly recommended but essential reading for hearts inclined to the path. -- *DharmaCrafts*

Simple, Grounded instructions... forthright and resolute guidance. -- *Karuna Journal*

This book is a valuable guide to the path of meditative insight and loving compassion. It is direct, clear, and inspiring." -- *Sharon Salzberg, author of Lovingkindness*

#### **From the Back Cover**

In this book, Ayya Khema gives clear, practical instruction on meditation and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deeper insight, a sense of calm well-being, and a greater capacity to love and feel loved on a daily basis. She also includes an eloquent outline of the Buddhist path that can be understood and enjoyed by everybody.

#### **About the Author**

: Ayya Khema (1923-1997) authored twenty-five books in English and German on meditation and the Buddha's teachings; her books have been translated into seven other languages. During her extraordinary lifetime she established several Buddhist practice centers around the world, including Wat Buddha Dhamma in Australia, the International Buddhist Women's Centre and Parappuduwa Nun's Island in Sri Lanka, and Buhddha-Haus and Metta Vihara in Germany.

### **Users Review**

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