



Being Nobody, Going Nowhere: Meditations on the Buddhist Path

By Ayya Khema

Download now

Read Online 

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.

 [Download Being Nobody, Going Nowhere: Meditations on the Bu ...pdf](#)

 [Read Online Being Nobody, Going Nowhere: Meditations on the ...pdf](#)

Being Nobody, Going Nowhere: Meditations on the Buddhist Path

By Ayya Khema

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.

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

- Sales Rank: #83457 in Books
- Brand: Khema, Ayya
- Published on: 1987-06-15
- Released on: 1987-06-15
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 6.00" l, .60 pounds
- Binding: Paperback
- 192 pages

 [Download Being Nobody, Going Nowhere: Meditations on the Bu ...pdf](#)

 [Read Online Being Nobody, Going Nowhere: Meditations on the ...pdf](#)

Download and Read Free Online *Being Nobody, Going Nowhere: Meditations on the Buddhist Path* By Ayya Khema

Editorial Review

Review

"This jewel of a book is full of sound, practical advice. Not just highly recommended but essential reading."
(*The Middle Way*)

"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*)

"Essential reading for hearts inclined to the path." (*DharmaCrafts*)

"Few introductory books are both simple and profound. Ayya Khema has achieved both." (*North American Board for East-West Dialogue*)

"Of special help are the Ayya's simple, grounded instructions to aid us in our everyday lives to develop calmness of mind and insight into our human existence...forthright and resolute guidance for the journey."
(*Karuna: A Journal of Buddhist Meditation*)

"I just finished reading *Being Nobody, Going Nowhere*, and I just wanted to tell you how much it has helped me feel grounded in regards to my search on the spiritual path. Her manner of writing is so clear and meaningful and easy to grasp. These are the kinds of books that I like to underline, ear flap, and carry with me everywhere for continual support and inspiration. This is the first book I read on Buddhism, and in 31 years I finally feel like 'I'm home.' What an incredible feeling to finally have all of my 'inklings' and intuitive moments come together and make complete sense regarding life!" (From an unsolicited reader email)

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

Born in Berlin in 1923 to Jewish parents, Ayya Khema was educated in Scotland and China and later emigrated to the United States. The author of twenty-five books, she was ordained as a nun in Sri Lanka in 1979 and established several Buddhist centers, including Wat Buddha Dhamma in Australia, Parapuddua Nun's Island in Sri Lanka, and Buddha Haus in Germany. In 1987 she coordinated the first-ever International Conference of Buddhist Nuns. She passed away in 1997.

Zoketsu Norman Fischer is a Zen priest and abbot, a husband, father, poet, and a teacher with wide-ranging interests and passions. Norman retired as abbot of the San Francisco Zen Center in 2000. He continues his involvement with the Center as a senior dharma teacher. In 2000 he founded the Everyday Zen Foundation, a network of Zen (and other) groups and partnerships dedicated to sharing the Zen teaching and practice widely in the world (www.everydayzen.org). He works with conflict resolution professionals, Google engineers, lawyers, caretakers for the dying, and many others to bring meditation practice to bear on the lives we are actually living every day. He continues his active practice of writing dharma books, essays, and,

especially, poetry. His most recent collection is *Conflict*. Norman lives overlooking the sea at Muir Beach, California, with his wife, Kathie, who is a science teacher and scuba diver. They have two grown sons and a grandson.

Users Review

From reader reviews:

Mellisa White:

This Being Nobody, Going Nowhere: Meditations on the Buddhist Path book is not really ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this guide incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This Being Nobody, Going Nowhere: Meditations on the Buddhist Path without we recognize teach the one who reading it become critical in imagining and analyzing. Don't always be worry Being Nobody, Going Nowhere: Meditations on the Buddhist Path can bring if you are and not make your carrier space or bookshelves' come to be full because you can have it within your lovely laptop even cell phone. This Being Nobody, Going Nowhere: Meditations on the Buddhist Path having very good arrangement in word along with layout, so you will not feel uninterested in reading.

Robert Collado:

Hey guys, do you really wants to finds a new book to learn? May be the book with the concept Being Nobody, Going Nowhere: Meditations on the Buddhist Path suitable to you? Typically the book was written by renowned writer in this era. The particular book untitled Being Nobody, Going Nowhere: Meditations on the Buddhist Path is a single of several books which everyone read now. This book was inspired a lot of people in the world. When you read this reserve you will enter the new shape that you ever know previous to. The author explained their plan in the simple way, and so all of people can easily to understand the core of this guide. This book will give you a wide range of information about this world now. So that you can see the represented of the world within this book.

Danna Bullock:

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the whole day to reading a guide. The book Being Nobody, Going Nowhere: Meditations on the Buddhist Path it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can m0ore quickly to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Ivan Dinkel:

In this time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher which print many kinds of book. Often the book that recommended for your requirements is Being Nobody, Going Nowhere: Meditations on the Buddhist Path this e-book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some study when he makes this book. Here is why this book suited all of you.

**Download and Read Online Being Nobody, Going Nowhere:
Meditations on the Buddhist Path By Ayya Khema #P64HK9T5XS1**

Read Being Nobody, Going Nowhere: Meditations on the Buddhist Path By Ayya Khema for online ebook

Being Nobody, Going Nowhere: Meditations on the Buddhist Path By Ayya Khema Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Being Nobody, Going Nowhere: Meditations on the Buddhist Path By Ayya Khema books to read online.

Online Being Nobody, Going Nowhere: Meditations on the Buddhist Path By Ayya Khema ebook PDF download

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

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

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