



Being Nobody, Going Nowhere: Meditations on the Buddhist Path

Ayya Khema

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Being Nobody, Going Nowhere: Meditations on the Buddhist Path 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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