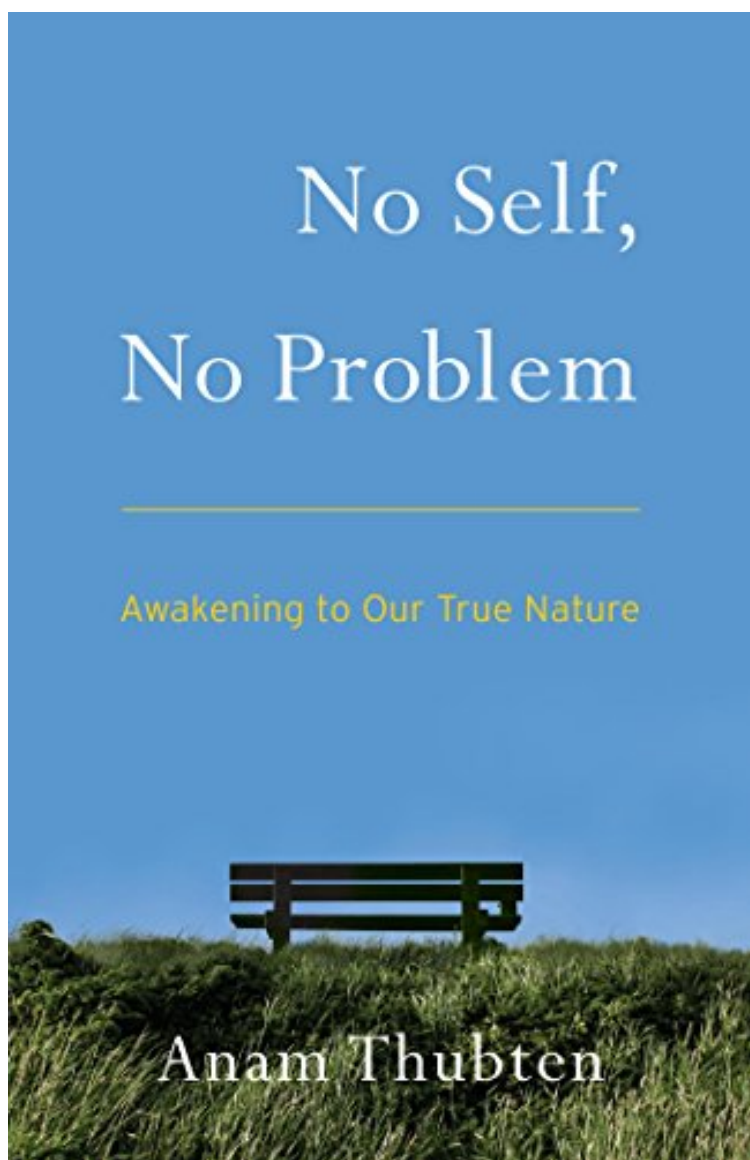


[Read now] File size: 47.Mb

No Self, No Problem: Awakening to Our True Nature



Par Anam Thubten
**Download PDF | ePub | DOC | audiobook | ebooks*

Dtails sur le produit Rang parmi les ventes : #410398 dans eBooksPubli le: 2013-06-11Sorti le: 2013-06-11Format: Ebook Kindle

[Read now] No Self, No Problem: Awakening to Our True Nature

Par Anam Thubten : No Self, No Problem: Awakening to Our True Nature before purchasing it in order to gage whether or not it would be worth my time, and all praised No Self, No Problem: Awakening to Our True Nature:

Download

Read Online

Description :

Prsentation de l'diteurWe can realize the highest truth in each moment when we learn to see through the illusion of the self. Anam Thubten, in remarkably easy-to-understand language, provides teachings for doing exactly that, based on the wisdom of the Buddhist traditions. He illuminates the path of going beyond the misconceptions of the ego to experience the reality of our true nature, which is already enlightened. He communicates with clarity, humor, and refreshing honesty, lighting the way to a life full of love, compassion, and true satisfaction.Revue de presse"Anam Thubten goes to the heart of the matter in this easy-

to-read yet profound book written in an accessible contemporary style."Mandala Magazine "The author, through discussions on meditation, inner contentment or detachment, awareness, acceptance, compassion, ultimate awakening, and transcendent wisdom, enables us to realize and grasp that all the wealth is within us and in our control."East and West Series "In lucid, accessible language, [Anam Thubten] guides the reader to the realization of this infinite possibility."Eastern Horizon "He is both familiar with and sensitive to the psychological difficulties that can complicate spiritual practice. He approaches the core feature of Buddhist philosophy, "No-Self," in a direct, humorous, no-nonsense way that is softened by tender and compassionate insights. . . . Accessible and contemporary, [Thubten] frequently uses lively imagery to underline his points. . . . Provides not only a clear, engaging introduction to the Buddhist path, but also inspiration and salutary warnings for more experienced practitioners.The Middle Way Presentation de l'diteurWe can realize the highest truth in each moment when we learn to see through the illusion of the self. Anam Thubten, in remarkably easy-to-understand language, provides teachings for doing exactly that, based on the wisdom of the Buddhist traditions. He illuminates the path of going beyond the misconceptions of the ego to experience the reality of our true nature, which is already enlightened. He communicates with clarity, humor, and refreshing honesty, lighting the way to a life full of love, compassion, and true satisfaction.