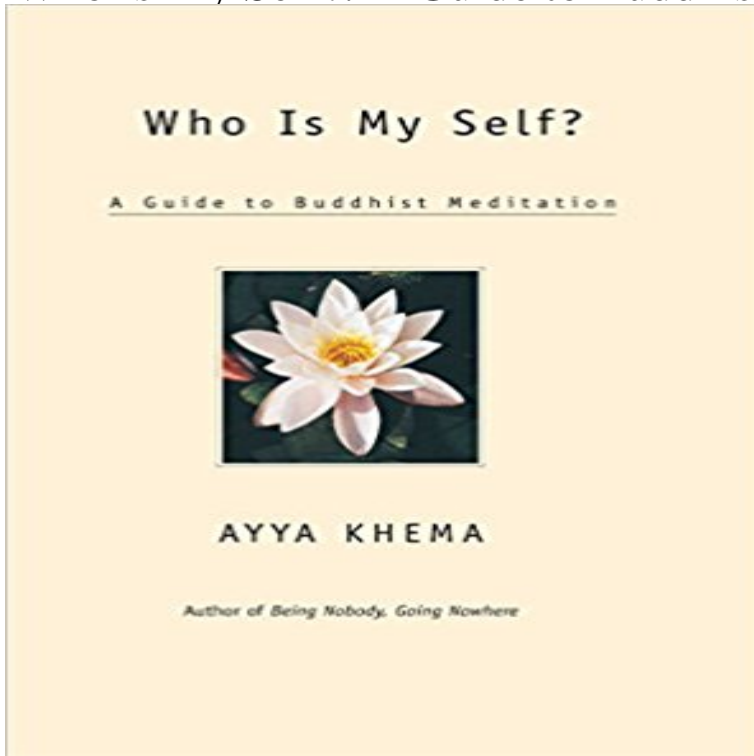


Who Is My Self?: A Guide to Buddhist Meditation



Self-transformation is an essential element in all forms of Buddhist meditation--from Tantra to Zen. Ayya Khema, author of the best-selling *Being Nobody, Going Nowhere*, uses one of the earliest Buddhist suttas to guide us along the path of the oldest Buddhist meditative practice for understanding the nature of self. By following the Buddhas explanation with clear, insightful examples from her years of teaching meditation, she guides us back and forth between the relative understanding and higher realizations of the Buddhist concept of self. Her thoughtful contemplation of the Buddhas radical understanding of self and her practical advice for achieving insight offer the reader a profound understanding of the self. Both beginning and advanced practitioners will greatly benefit from Ayya Khemas warm and down-to-earth exposition of the Buddhas meditation on self.

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