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Stepping Out of Self-Deception: The Buddha's Liberating ...

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Stepping Out of Self-Deception: The Buddha's Liberating Teaching of No-Self. by. Rodney Smith (Foreword), Joseph Goldstein (Foreword) 4.24 · Rating details · 211 ratings · 21 reviews. Anatta is the Buddhist teaching on the nonexistence of a permanent, independent self.

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Stepping Out of Self Deception Dear Fellow Practitioners, Our natural direction is towards unity and harmony with ourselves and the Great Life, however, for many of us our sense of self resists and holds us in familiar patterns and restrictions that create a feeling of separation.

Stepping Out of Self Deception | StoneWater Zen Centre

In Unsubscribe, he shares his three-step guide to recovery from addiction to consumerism, self-deception, and life as you thought it had to be. (1) Reprioritize your goals, away from a materialist vocation toward a fulfilling avocation (2) Understand yourself and your emotional needs (3) Connect authentically with others, leading to secure relationships and true community.

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Stepping Out of Self-Deception Quotes by Rodney Smith

('Stepping Out of Self-Deception: The Buddha's Liberating Teaching of No-Self', p.xiii) Reflecting on our own mental states may well reveal such an inner schism between the worldly self image and the "spiritual" or Buddhist one, but Smith sees this as just another ploy by the ego to sustain itself in

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the midst of an apparent effort to uproot it.

Buddha Space: Review: Stepping Out of Self-Deception by ...

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Stepping Out of Self-Deception: The Buddha's Liberating ...

Stepping Out of Self-Deception. The Buddha's Liberating Teaching of No-Self. Rodney Smith. \$13.99. \$13.99. Publisher Description. Anattais the Buddhist teaching on the nonexistence of a permanent, independent self. It's a notoriously puzzling and elusive concept, usually leading to such questions as, "If I don't have a self, who's reading this sentence?"

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About Stepping Out of Self-Deception Anatta is the Buddhist teaching on the nonexistence of a permanent, independent self. It's a notoriously puzzling and elusive concept, usually leading to such questions as, "If I don't have a self, who's reading this sentence?"

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He probes 'no-self ' but in so doing reveals himself to be honest, humble, and wise. His writing makes this most elusive concept come alive."--Mark Epstein, MD, author of Thoughts without a Thinker and Going to Pieces without Falling Apart "Rodney Smith's terrific new book will help us step out of the vicious cycle of self-deception and into the illumined realm of self-knowledge and spiritual realization.

Stepping Out Of Self-Deception : Rodney Smith : 9781590307298

Was Stepping Out of Self-Deception worth the listening time? The book could have been half the size and still conveyed the message. 3 people found this helpful Overall 5 out of 5 stars. Performance 5 out of 5 stars. Story 5 out of 5 stars. Oksana ...

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