

Be Nobody Lama Marut

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Be Nobody Lama Marut

Lama Marut, aka Brian K. Smith, was a professor of comparative religion, he studied Hinduism and Sanskrit in India, he was a Buddhist monk, and he is the son of a Baptist preacher. So he presents a well-informed viewpoint rather than a myopic dogma.

Amazon.com: Be Nobody (9781582704548): Marut, Lama: Books

"Lama Marut's Be Nobody fiercely examines our preoccupation with the 'I,' revealing how living on the 'Me Plan' can never satisfy the hungry ego. The antidote he offers is truly liberating, not only for oneself but for all sentient beings." —Michael Bernard Beckwith, author of Life Visioning

Lama Marut's Latest Book: Be Nobody - Lama Marut's ...

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Be Nobody - Kindle edition by Marut, Lama. Self-Help ...

Be Nobody, published on June 3rd, was written by spiritual teacher and former Buddhist monk Lama Marut (Brian K. Smith), who provides down-to-earth and, for Americans who are more familiar with Western spiritual thought, an accessible way to understand Eastern philosophies regarding the ego.

Be Nobody by Lama Marut - Goodreads

Lama Marut is brilliant, a Chogyam Trungpa for new generations, mixed with a little Louis C.K. style humor., In his trademark emphatic and no-nonsense style, Lama Marut provides a much needed critique of modernity that cuts to the root of every problem we currently face on the planet., Lama Marut's Be Nobody fiercely examines our preoccupation with the 'I', revealing how living on the 'Me Plan' can never satisfy the hungry ego.

Be Nobody by Lama Marut (2014, Trade Paperback) for sale ...

Coming summer 2014, Lama Marut's new book employs his characteristic wit and wisdom to get at the root of all our troubles, namely... trying so hard to be "Somebody". With deep authenticity and ...

Be Nobody: New Lama Marut Book 2014 - YouTube

In this talk, Lama Marut describes techniques to find peace in the chaos and fulfillment in our lives. To be truly present is to be at one with the self. "It is in those moments that we are nobody,...

"The Bliss of Being Nobody" Lama Marut at Wanderlust's ...

Lama Marut (a.k.a. Brian K. Smith) is extensively trained in the spiritual traditions of India and Tibetan Buddhism. He holds a PhD in comparative religion and taught for over two decades in the academic world, first at Columbia University and later at the University of California, where he retired as professor emeritus in 2004.

Be Nobody by Lama Marut (Paperback, 2014) for sale online ...

Lama Marut's Books & Videos. Incite Happiness (video) Lama Marut's: Be Nobody (book) Mindfulness in Context with Lama Marut (video) Resources. Global, Inclusive & Practical Buddhism; Dharma Essentials; PDFs & Documents; Lama Marut 10 Year Podcast Archive; Lama Marut YouTube Videos; Resource Links & Online Communities; About. Lama Marut's ...

Lama Marut Home Page - Lama Marut's Official Website

In addition to several scholarly studies and translations based on Sanskrit materials, Brian/Lama Marut, authored the popular and award-winning books, A Spiritual Renegade's Guide to the Good Life and Be Nobody. As part of his wish to write and practice what he preached, he moved to rural Australia where he married his partner and fellow spiritual teacher, Cindy, with whom he taught for more than a decade.

Lama Marut's Obituary - Lama Marut's Official Website

Lama Marut's New book "Be Nobody" is now available for Pre-Order Posted on March 4, 2014 June 7, 2014 by LamaMarut Check out the all the new info about the new Be Nobody book here > Read More

Be Nobody Archives - Lama Marut's Official Website

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Be Nobody by Lama Marut (2014-06-03): Lama Marut: Amazon ...

Lama Marut Lama Marut (a.k.a. Brian K. Smith) is extensively trained in the spiritual traditions of India and Tibetan Buddhism. He holds a PhD in comparative religion and taught for over two decades in the academic world, first at Columbia University and later at the University of California, where he retired as professor emeritus in 2004.

Be Nobody | Book by Lama Marut | Official Publisher Page ...

Being a monk in the Tibetan Buddhist tradition no longer seemed to accord with my developing nondenominational spiritual orientation, nor with the [desire] to try to live more as a nobody instead of a special somebody." In closing, Marut points out that "happiness can only be founded in truth, not in illusion.

Amazon.com: Customer reviews: Be Nobody

"Lama Marut's Be Nobody fiercely examines our preoccupation with the 'I', revealing how living on the 'Me Plan' can never satisfy the hungry ego. The antidote he offers is truly liberating, not only for oneself but for all sentient beings."

Be Nobody by Lama Marut | NOOK Book (eBook) | Barnes & Noble®

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Be Nobody - The Key Point

"Actually we cannot attain enlightenment until we give up the notion of me personally attaining it. As long as the enlightenment drama has a central character known as me, who has certain attributes, there is no hope of attaining enlightenment, because it's nobody's project." — Lama Marut, Be Nobody

Be Nobody Quotes by Lama Marut - Goodreads

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Lama Marut - Middle Way LA

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