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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
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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
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authentically with others,
leading to secure
relationships and true
community.

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of 9. "The cause of our
suffering is not what we do,
but the way we perceive." ?
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(‘Stepping Out of Self-
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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 the midst
of an apparent effort to
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Investigation of the path of awakening, it also challenges many of our assumptions along the way.”—Joseph Goldstein, author of *One Dharma and Insight Meditation: The Practice of Freedom*

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Stepping Out of Self-Deception. The Buddha's Liberating Teaching of No-Self. Rodney Smith. \$13.99. \$13.99. Publisher

Description. Anatta is the Buddhist teaching on the nonexistence of a permanent, independent self. It's a notoriously puzzling and

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elusive concept, usually
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as, "If I don't have a self,
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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-
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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?" It's not that there's no self there, says Rodney Smith. It's just that the self that is reading this sentence is a configuration of elements that at one time did not exist and which at some point in the future will disperse. Even in its present existence, it's more a temporary arrangement of

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components rather than something solid. Anatta is a truth the Buddha considered to be absolutely essential to his teaching. Smith shows that understanding this truth can change the way you relate to the world, and that the perspective of selflessness is critically important for anyone involved in spiritual practice. Seeing it can be the key to getting past the idea that spirituality has something to do with self-improvement, and to accessing the joy of deep insight into reality.

This edition tackles the issue of self-deception and

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provides methodologies to
help people overcome it.

An Insight Meditation
teacher explores the Four
Foundations of Mindfulness,
an essential teaching that
transcends all Buddhist
traditions and provides a
path to true liberation
Awakening manifests through
the application of
mindfulness to four areas:
body, feelings, mind, and
dharma. Buddhists of all
the traditions share this
foundational principle,
which is defined in the
Satipatthana Sutta and has
been expounded upon since
the time of the Buddha
himself. In Touching the

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Infinite, Rodney Smith guides readers through the Four Foundations to provide a solid understanding of the teaching. He goes on to challenge us to hold this teaching up against our own experience—and in doing so, to discover the inherent interconnection of all Four Foundations. They are a sequential path that reveal the true nature of things, leading the practitioner to the perception of the formless and then back to daily life infused with that great freedom. The Four Foundations of Mindfulness thus serve as a road map for any genuine spiritual path.

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A penetrating analysis of the dark corners of human deception, enlivened by intriguing case histories and experiments.

What is enlightenment?
Rodney Smith's answer to that elusive question offers an explanation not only of the radical shift in perception that the word enlightenment connotes, but of the entire topography of the journey from beginning to end, of the multiple ways we undermine the very growth we seek, and of the awakened life that ultimately arises out of the new consciousness.

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Buddhas are excellent liars.

We don't like to think of ourselves as capable of

lying; it hurts us too much to admit. So we lie to ourselves about that, too.

As a clinical psychologist, I am regularly confronted with the brutal truth that we all lie. I am not talking about deliberate, bold-faced lying. No, this type of dishonesty is far harder to detect and admit. It is the kind of lying that comes from not being psychologically strong enough to be honest with ourselves about who we are. And I believe that it is our biggest obstacle to living a fulfilling life. I wrote

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this book for anyone interested in becoming more honest. In it, I present a range of self-deceptive examples couched in psychological theory to help us explore ourselves.

Although it is a relatively short book, indented to be read in about an hour, I hope that the content provokes deep thought. For when we are honest about who we really are, we have the opportunity to change.

Written as an engaging story, this book shows how mistaken views can cause people to misread situations and exacerbate the issues they wish to improve. "The

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Teaching No Rodney Smith
illustrates how to make
inner peace a potent tool
for achieving outer
satisfaction.

Explores self-deception and
its consequences for
political decision-making.

Unknowingly, too many of us
operate from an inward
mindset—a narrow-minded
focus on self-centered goals
and objectives. When faced
with personal
ineffectiveness or lagging
organizational performance,
most of us instinctively
look for quick-fix
behavioral band-aids, not
recognizing the underlying

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mindset at the heart of our most persistent challenges. Through true stories and simple yet profound guidance and tools, *The Outward Mindset* enables individuals and organizations to make the one change that most dramatically improves performance, sparks collaboration, and accelerates innovation—a shift to an outward mindset.

Chögyam Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of modern American culture makes his books among the most accessible works of Buddhist

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philosophy. Here Trungpa explores the true meaning of freedom, showing us how our preconceptions, attitudes, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. This edition features a new foreword by Pema Chödrön, a close student of Trungpa and the best-selling author of *When Things Fall Apart*.

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