



# Who Is My Self?:A Guide to Buddhist Meditation (Chinese Edition)

*Ayya Khema*

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## **Who Is My Self?:A Guide to Buddhist Meditation (Chinese Edition)** Ayya Khema

This book is compiled on the basis of the meditation lectures the Western meditation master Ayya Khema makes in California, the United States for three weeks in May and June of 1994. Through the modern language explanation, Ayya Khema, with practice experience, explains how the Buddha personally guides the Buddhist cultivation two thousand years ago as well as the various states of consciousness. From the nine levels of meditation realm, it successively clarifies the possible errors in the process of practice, and answers in detail how to do meditation, what state will be encountered in each stage and what is the final condition.

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