

NO SELF

Bear River Meditation Group
January Intensive — 9-16 January 2023
RESOURCES

The subject of “no self” or anatta, or Emptiness, is ubiquitous in Buddhist writing. You will find it almost anywhere you go, especially in any book on Buddhism. I don’t know that any of you want to read a book on the subject, but if you do you might try:

Emptiness: A Practical Guide for Meditators by Guy Armstrong (Somerville, MA: Wisdom Publications, 2017).

This book is readable, and it makes very clear the close relationship between *anatta* (no self) and *shunyata* (Emptiness).

Lion’s Roar, September 2022

“No Self, No Suffering” by Melvin McLeod

“What ‘No Self’ Really Means” by Gaylon Ferguson

“Is This the Secret to Happiness?” by Robert Waldinger, Roshi

This is an issue of *Lion’s Roar* magazine which has dedicated a section to no self. To access these articles go to lionsroar.com and search on the title (or author).

Rev. Master Kōten Benson of Lions Gate Buddhist Priory in British Columbia (he is a monk of our Order) did a series of talks on selfishness. They can be accessed through these links:

“Selfishness” —

<https://lionsgatebuddhistpriory.ca/blog/audio-post/overcoming-selfishness/>

“Selfishness 2” — <https://lionsgatebuddhistpriory.ca/blog/audio-post/selfishness-2/>

“Selfishness 3” —

<https://lionsgatebuddhistpriory.ca/blog/audio-post/training-selfishness-3/>

“Selfishness 4” — <https://lionsgatebuddhistpriory.ca/blog/audio-post/selfishness-4/>

“Selfishness 5” — <https://lionsgatebuddhistpriory.ca/blog/audio-post/selfishness-5/>

“Selfishness 6” — <https://lionsgatebuddhistpriory.ca/blog/audio-post/selfishness-6/>

There is a second, twelve part, series on Selfishness on this site (lionsgatebuddhistpriory.ca). Go to the site and click on “Dharma Talks” and then search on “selfishness.”

Other books:

Go to Amazon, limit your search to “Books”, and search on “no self.”

Some suggestions:

No Self, No Problem: Awakening to Our True Nature by Thubten Anam.

No Self, No Problem: How Neuropsychology Is Catching Up to Buddhism by Chris Niebauer.

Stepping Out of Self-Deception: The Buddha's Liberating Teaching of No-Self by Rodney Smith.

The Experience of No-Self: A Contemplative Journey by Bernadette Roberts. [This is an old but modern account of the *experience* of having self fall away in a dramatic way, told by a Christian.]