

Excerpts from the Book

No Self No Problem

By Anam Thubten Rinpoche

I am simply asking you to inquire, "Am I on the right track or not?" If you are able to hold everyone in your heart, able to love everyone without discrimination, that means you are on the right track. It doesn't matter whether you have knowledge about Buddhism, whether you are intellectually sophisticated... You are on the right track because your heart is blessed by compassion and loving-kindness.--from the chapter "Are We on the Right Track: Compassion and Loving-Kindness."



Anam Thubten Rinpoche

Anam Thubten Rinpoche was born in Golok, Eastern Tibet and undertook Buddhist training in the Nyingma Tradition at an early age. He has been teaching in the West since 1992 and is the spiritual advisor and Dharma teacher for the Dharmata Foundation.

What is liberation? What is awakening? Actually if we're searching for awakening as a moral reward or as an idealized utopian realm then enlightenment is like chasing after a rainbow. You can never catch it. Perhaps one of the main hindrances is our preconceived notion of what enlightenment is. We have to give up every idea we have and that can be a little bit uncomfortable. We can feel that we are losing everything, even our beloved illusion, enlightenment. But the ultimate truth or emptiness is the destruction of all illusions and that includes the illusion of enlightenment.--from the chapter: "No Self, No Problem: Ultimate Awakening."

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