

no  
self  
no  
problem



Anam Thubten

. . . .

*Edited by Sharon Roe*

SNOW LION PUBLICATIONS  
ITHACA, NEW YORK

Snow Lion Publications  
P. O. Box 6483  
Ithaca, NY 14851 USA  
(607) 273-8519  
www.snowlionpub.com

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Printed in USA on acid-free recycled paper.  
Designed and typeset by Gopa & Ted2, Inc.

ISBN-10: 1-55939-326-2  
ISBN-13: 978-1-55939-326-3

*Library of Congress Cataloging-in-Publication Data*

Thubten, Anam, 1973-  
No self, no problem / Anam Thubten ; edited by Sharon Roe.  
p. cm.

Based on talks given in Berkeley and Point Richmond, Calif.

ISBN-13: 978-1-55939-326-3 (alk. paper)

ISBN-10: 1-55939-326-2 (alk. paper)

I. Religious life—Buddhism. I. Roe, Sharon, 1944- II. Title.

BQ5410.T58 2009

294.3'4—dc22

2009002337

Sky is free.  
Ocean is blissful.  
Trees are divine.  
Rocks are enlightened.  
So are we.  
Who is still searching . . .  
for what?



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## editor's preface



I MET ANAM THUBTEN shortly after he returned to the San Francisco Bay Area. At that time students were invited into his living room on Saturday mornings for a short meditation practice followed by a talk. The talks were always spectacular, startling, and devoted to the most essential truths based on Rinpoche's personal experience of walking the spiritual path. They cut through layers of speculation, dissecting and challenging every fixed thought, every belief held as sacred truth. Rinpoche's target is always the heart of the matter, which he clarifies in simple words accessible to Western thinkers who may not have any knowledge of, or commitment to, Buddhism. As the group of students grew, Rinpoche's living room became very crowded. Sometimes students even sat out on the porch. Through the generosity of many benefactors, a historic chapel in the charming town of Point Richmond, California was purchased. This book, based on talks given in Berkeley and Point Richmond, California, reflects Rinpoche's profound knowledge and insight into the human condition. He speaks with clarity, humor, and ruthless honesty and shares his spiritual journey openly and honestly.

It has been an honor and a delight to work with and to present now to a wider audience the teachings of this

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authentic, simple, and devoted man who has dedicated his life to expressing in words and actions profound messages of authentic wisdom and compassion.

—Sharon Roe

## glossary



**Brahmin**—One of the classes of ancient Indian society, traditionally priests and scholars.

**Buddha Shakyamuni** (563-483 BCE)—The founder of Buddhism. Born a prince of the Shakya clan, he left the palace to seek a way to the end of suffering. He became awakened, or enlightened, under a Bodhi tree. His path to awakening, Buddhism, the Middle Way, is beyond the extremes of self-indulgence and extreme asceticism.

**Buddha Nature**—The central concept in Buddhism that asserts that the true nature of each living being is already enlightened.

**Dharma**—This term has a number of meanings. Most commonly it is used to mean the teachings of the Buddha and the path to liberation that he taught.

**Dukkha**—Pain, suffering, sorrow, grief, unhappiness, that which is unsatisfactory; existential anguish, lack of peace.

**Egoic Identity**—Relating to a sense of individuality or separate self. States of consciousness confined to the limits of personal identity; these are relative, personal, and individual, the opposite of transpersonal.

**Emptiness**—The notion that all things are free from any fixed, independent, permanent existence. In Buddhist philosophy emptiness is synonymous with truth. Buddhism often describes truth as a state that goes beyond all intellectual comprehension.

**Heart Sutra**—The essence of the Buddhist teaching on Prajnaparamita,