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"Lama Marut's Be Nobody fiercely examines our preoccupation with the 'I', revealing how living on the 'Me Plan' can never satisfy the hungry ego. The antidote he offers is truly liberating, not only for oneself but for all sentient beings." -- Michael Bernard Beckwith,

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author of Life Visioning

Amazon.com: Be Nobody (9781582704548): Lama Marut: Books

“Be Nobody is a great spiritual guide for people of all faiths. Lama Marut’s description of our bondage to our egos is both entertaining and sobering. After

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providing an incisive diagnosis of the human condition, he not only offers an understanding of how to leave suffering behind, but also provides practical and achievable steps for doing so.

Lama Marut's Latest Book: Be Nobody - Lama Marut's ...

Be Nobody, published on June 3rd, was

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written by spiritual teacher and former Buddhist monk Lama Marut (Brian K. Smith), who provides down-to-earth and, for Americans who are more familiar with Western spiritual thought, an accessible way to understand Eastern philosophies regarding the ego.

Be Nobody by Lama Marut -

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Goodreads

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Be Nobody by Lama Marut (2014-06-03)
[Lama Marut] on Amazon.com. *FREE* shipping on qualifying offers.

Be Nobody by Lama Marut (2014-06-03): Lama Marut: Amazon ...

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Be Nobody by Lama Marut Lama Marut, aka Brian K. Smith, was a professor of comparative religion, he studied Hinduism and Sanskrit in India, he was a Buddhist monk, and he is the son of a Baptist preacher.

Be Nobody - The Key Point

On October 19, 2019, dear spiritual

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teacher, husband, father and friend Brian Kelley Smith (a.k.a Lama Marut) passed away in his countryside home in East Gippsland, Australia, where he lived with his beloved wife, Cindy Lee. He was 66 years of age.

Lama Marut's Obituary - Lama Marut's Official Website

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Lama Marut is a modern spiritual teacher with an easy witty style, and deep wisdom. Please consider subscribing, to learn some great ways to live a happier life.

lamamarut - YouTube

The “Incite Happiness” documentary follows noted author and spiritual

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teacher Lama Marut through a speaking tour in which he wisely and humorously shares his extensive practical knowledge of how to use proven ancient methods to produce a happier life in the modern world.

Lama Marut Home Page - Lama Marut's Official Website

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Lama Marut, aka Brian K. Smith, was a professor of comparative religion, he studied Hinduism and Sanskrit in India, he was a Buddhist monk, and he is the son of a Baptist preacher. So he presents a well-informed viewpoint rather than a myopic dogma.

Amazon.com: Customer reviews: Be

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Nobody

In this talk, Lama Marut describes techniques to find peace in the chaos and fulfillment in our lives. To be truly present is to be at one with the self. "It is in those moments that we are nobody,..."

"The Bliss of Being Nobody" Lama

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Marut at Wanderlust's Speakeasy

"Lama Marut's Be Nobody fiercely examines our preoccupation with the 'I', revealing how living on the 'Me Plan' can never satisfy the hungry ego. The antidote he offers is truly liberating, not only for oneself but for all sentient beings." – Michael Bernard Beckwith, author of Life Visioning

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Be Nobody | Book by Lama Marut | Official Publisher Page ...

Coming summer 2014, Lama Marut's new book employs his characteristic wit and wisdom to get at the root of all our troubles, namely... trying so hard to be "Somebody". With deep authenticity and ...

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Be Nobody: New Lama Marut Book 2014

Lama Marut is currently the Spiritual Director of eight “Middle Way Centers” located in North America, Australia, and Singapore. When not traveling, he resides with his wife, Cindy Lee, in rural Australia.

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About Lama Marut

In addition to several scholarly studies and translations based on Sanskrit materials, Brian/Lama Marut, authored the popular and award-winning books, *A Spiritual Renegade's Guide to the Good Life* and *Be Nobody*.

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Celebrating Lama Marut ~ Brian K. Smith - Mind Oasis

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Lama Marut

Early in his book Be Nobody, Lama Marut offers this story from the Upanishads about two birds: Two birds, inseparable friends, perch on the same tree. One of them eats a tasty fig while the other looks on without eating. Sitting on that same tree, deluded self is overwhelmed by the belief that he is a powerless

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victim and he despairs.

Be Nobody (2014) | Three New, One Old

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Happiness, impermanence, Lama
Marut's New Book, no-self, Overcoming
Anger, Overcoming Depression,
Overcoming Resentment, Overcoming
Self Righteousness, Podcast, self ...

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