



Be an Island: The Buddhist Practice of Inner Peace

By Khema



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From the best-selling author of *Being Nobody, Going Nowhere*, Ayya Khema's *Be an Island* guides us along the path of Buddhist meditation with direct and practical advice, giving us contemplative tools to develop a healthy sense of personal being. *Be an Island* is at once an introduction to the teachings of Buddhism and a rich continuation of Ayya Khema's personal vision of Buddhist practice.

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Editorial Review

Amazon.com Review

Ayya Khema is like that pesky little angel on our shoulder, except instead of saying, "Don't do this" or "Don't do that," she reminds us to pay attention and keep growing. One of the best Western exponents of the Buddhist path, Khema organizes her lectures in *Be an Island* around the Buddha's exhortation to be an island unto yourself. By taking refuge in Buddhist teachings and the Buddhist community, you can escape the petty concerns of the self and become an anchor for others. In disarmingly practical language, Ayya Khema teaches us that true practice is getting the tiny details of life right, the middling moments--thinking before we speak, recognizing greed and generosity in ourselves and others, making the mind pliable at all times. Like a weekly lecture series, this is the type of book you'll want to go back to, placing it near an altar or spiritual nook for easy access. --*Brian Bruya*

From Library Journal

A collection of talks on Buddhist practice by the late Khema, a well-loved teacher in traditional Theravadan Buddhism. In her strongly feminine voice she covers such topics as harmonious living and controlling the mind. An accessible guide for integrating practice into daily life. (LJ 5/1/99)

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Review

"Real warmth of heart pervades the Ayya's expositions which in their directness and fresh immediacy also touch the heart of the interested reader." (*The Middle Way*)

"She was a woman of great heart and vision, and unshakable courage. She was one of the Buddha's lions. May her roar echo in these pages and out across the world to generations of followers-of-the-way to come." (Sandy Boucher, from her Foreword)

"This book offers guidance along the path of Buddhist meditation with direct and practical advice. Ayya Khema's words are clear and straightforward, conveying depth and insight." (*The Beacon*)

"An inspiring guide to the timeless wisdom of the Buddha's teaching...Be an Island is the kind of book that, sentence by sentence, can be the subject of profound reflection or be lightly read... This indeed is a book that is good in the beginning, good in the middle and good at the end." (*The Middle Way*)

"In her strongly feminine voice she covers such topics as harmonious living and controlling the mind. An accessible guide for integrating practice into daily life." (*Library Journal*)

"[A]n articulate, informative, and inspiring work on the Buddhist practice of meditation...*Be an Island* is a tremendous and much appreciated contribution to Buddhist studies." (*Wisconsin Bookwatch*)

"Offers practical advice and helpful tips on meditation along with an introduction to the major principles of Buddhism." (*Publishers Weekly*)

"[This] calm, soberly written treatise reviews the path to enlightenment as a form of the search for personal and inner peace." (*Library Journal*)

"Like her namesake, this popular Western-born follower of the Dhamma brings an exceptional facility with

words to 24 essays, accessible to the seasoned practitioner and neophyte alike...Khema offers direct and practical wisdom...Her words, simple and direct without being sharp, expertly peel away the veils of illusion to reveal the calm island of inner peace that resides within." (*NAPRA ReVIEW*)

"In *Be an Island*, [Khema] writes of taking refuge in the Three Jewels 'as a kind of love affair,' recommends 'stretching the mind to the impossible,' and points out the path to achieving liberation in the present moment. There is sage advice in this book for beginners and advanced practitioners alike." (*Tricycle*)

Users Review

From reader reviews:

Bernard Woodley:

The book Be an Island: The Buddhist Practice of Inner Peace give you a sense of feeling enjoy for your spare time. You can utilize to make your capable a lot more increase. Book can for being your best friend when you getting tension or having big problem using your subject. If you can make reading a book Be an Island: The Buddhist Practice of Inner Peace to become your habit, you can get a lot more advantages, like add your capable, increase your knowledge about many or all subjects. It is possible to know everything if you like available and read a publication Be an Island: The Buddhist Practice of Inner Peace. Kinds of book are a lot of. It means that, science publication or encyclopedia or some others. So , how do you think about this e-book?

Jaclyn Warner:

People live in this new morning of lifestyle always attempt to and must have the free time or they will get wide range of stress from both way of life and work. So , if we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the actual book you have read will be Be an Island: The Buddhist Practice of Inner Peace.

Scott Smith:

With this era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you should do is just spending your time very little but quite enough to possess a look at some books. One of the books in the top checklist in your reading list is usually Be an Island: The Buddhist Practice of Inner Peace. This book and that is qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking way up and review this book you can get many advantages.

John Cheung:

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news. In this particular modern era like currently, many ways to get information are available for an individual. From media social just like newspaper, magazines, science book, encyclopedia, reference book, fresh and comic. You can add your understanding by that book. Isn't it time to spend your spare time to spread out your book? Or just trying to find the Be an Island: The Buddhist Practice of Inner Peace when you essential it?

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