



Kill Your Self: Life After Ego

Dogo Barry Graham

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Kill Your Self: Life After Ego Dogo Barry Graham

"You might as well take your socks off...because they'll be knocked off anyway by the writing of Dogo Barry Graham. Little diamonds of Zen blasted into your mushy brain to pry your eyelids open."

--*Tricycle: The Buddhist Review*

No, this book doesn't advocate suicide--it teaches something that takes a lot more courage: that we are always enlightened, and must take responsibility for realizing our enlightenment. It invites us to meet life on its own terms, wherever we are, whoever we are, right now, killing our false sense of self by seeing through it to our true nature.

This is Zen for real life, in the world of relationships, jobs, dirty dishes, teacups and toilets. Zen master Dogo Barry Graham eschews traditional institutions and dogmas and insists instead that we trust in ourselves. Zen is not a system of belief, or a theory about the meaning of life. It is beyond philosophy, beyond religion. It is the gateless gate to freedom from suffering.

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Robert Schrader:

The actual book Kill Your Self: Life After Ego has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Mcdougal makes some research just before write this book. This specific book very easy to read you can obtain the point easily after reading this book.

David Dozier:

Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Kill Your Self: Life After Ego, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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