

Who Is My Self?: A Guide To Buddhist Meditation

By Ayya Khema

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<http://www.merriam-webster.com/dictionary/myself>

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<http://www.powells.com/biblio/9781570625718>

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Khema Ayya - AbeBooks -

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<http://www.wisdom-books.com/ProductExtract.asp?PID=14782>

Ayya Khema - Buddhist Meditation in the Theravada -

Ayya Khema wrote over 20 books on Buddhism and meditation, including: When The Iron Eagle Flies; Who Is My Self? - A Guide to Buddhist Meditation;

<http://www.vipassana.com/meditation/khema/index.php>