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Ch ö gyam Trungpa (1940 – 1987)—meditation master, teacher, and artist—founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International.



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The Myth of Freedom and the Way of Meditation: Ch ö gyam Trungpa ' s unique ability to express the essence of Buddhist teachings in the language and imagery of modern American culture makes his books among the most accessible works of Buddhist philosophy. Here Trungpa Rinpoche explores the true meaning of freedom, showing us how our preconceptions, attitudes, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair.

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In celebration of its 40th anniversary, the original unabridged audiobook guide to meditation has been released with *Meditation in Action*, written by Tibetan meditation expert and Buddhist Chogyam Trungpa Rinpoche with a foreword and the narration by Samuel Bercholz. This guide gives not just the skills involved in true meditation, but examines the entire concept as a whole.

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Using the life of the Buddha as a starting point, this classic on meditation and the practice of compassion explores the six paramitas, or enlightened actions on the Buddhist path. Its simplicity and directness make this an appealing book for beginners and seasoned meditators alike. Publishers: Shambhala Publications, 1969

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life. He explores the six activities associated with meditation in action—generosity, discipline, patience, energy, clarity, and wisdom—revealing that through simple, direct experience, one can attain real wisdom: the ability to see clearly into situations and deal with them skillfully, without the self-consciousness connected with ego

The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the beginning. Mindfulness in action—mindfulness applied throughout life—can help us work more effectively with life ' s challenges, expanding our appreciation and potential for creative engagement. This guide to mindful awareness through meditation provides all the basics to get you started but also goes

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deeper to address the questions that naturally arise as your practice matures and further insight arises. A distillation of teachings on the subject by one of the great meditation masters of our time, this book serves as an introduction to the practice as well as a guide to the ongoing mindful journey.

Based on the author's talks at Naropa University, this volume introduces the reader to the principles of tantra, based on the practice of meditation, which leads to the discovery of egolessness. Trungpa Rinpoche provides a direct and experiential picture of the tantric world, explaining the importance of self-existing energy, the mandala principle, the difference between Buddhist and Hindu tantra—stressing the nontheistic foundation of Buddhism. The role of the teacher and the meaning of tantric



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transmission are also presented. Written for the student of Buddhism rather than the scholar, *Journey without Goal* demystifies the vajrayana and at the same time affirms the power and sacredness of its ancient teaching.

According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals. We learn of a subtle psychological stage set that we carry with

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us everywhere and unwittingly use to structure all our experience—and we find that meditation gradually carries us beyond this and beyond ego altogether to the experience of unconditioned freedom.

Ch ö gyam Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of modern American culture makes his books among the most accessible works of Buddhist philosophy. Here Trungpa explores the true meaning of freedom, showing us how our preconceptions, attitudes, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. This edition features a new foreword by Pema Ch ö dr ö n, a close student of Trungpa and the best-selling author of *When Things Fall Apart*.

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Chögyam Trungpa wrote more than two dozen books on Buddhism and the Shambhala path of warriorship. The Essential Chögyam Trungpa blends excerpts from bestsellers like *Shambhala: The Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, *Meditation in Action*, and other titles into a concise overview of Trungpa's teachings. Forty selections from fourteen different books articulate the secular path of the Shambhala warrior as well as the Buddhist path of meditation and awakening. This "new classic" vividly demonstrates Trungpa's great appreciation of Western culture which, combined with his deep understanding of the Tibetan tradition, makes these teachings uniquely accessible to contemporary readers. It will appeal to beginning students of meditation as well as seasoned readers of Eastern religion.

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A mudra is a symbolic gesture or action that gives physical expression to an inner state. This book of poetry and songs of devotion, written by Ch ö gyam Trungpa between 1959 and 1971, is spontaneous and celebratory. This volume also includes the ten traditional Zen oxherding pictures accompanied by a unique commentary that offers an unmistakably Tibetan flavor. Fans of this renowned teacher will enjoy the heartfelt devotional quality of this early work.

Here is an inspiring collection of short teachings from the writings of the renowned Tibetan meditation master Ch ö gyam Trungpa. Pithy and immediate, these teachings can be contemplated and practiced every day—or any day—of the year. Drawn from a wide variety of sources—including never-before-published writings—Ocean of Dharma

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addresses a range of topics, including fear and fearlessness, accepting our imperfections, developing confidence, helping others, appreciating our basic goodness, and everyday life as a spiritual path.

Ch ö gyam Trungpa, Tibetan meditation master, discusses the open, inquisitive, and good-humored qualities of the “ heart of the Buddha, ” an “ enlightened gene ” that everyone possesses. The book is divided into three parts. In “ Personal Journey, ” the author discusses the qualities of openness, inquisitiveness, and good humor that characterize the enlightened Buddha-nature in everyone. In “ Stages on the Path, ” he presents the three vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. In “ Working with Others, ” he describes

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the direct application of Buddhist teachings to topics as varied as relationships, drinking, children, and money. The Heart of the Buddha reflects Trungpa's great appreciation for Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

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