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The Path Is the Goal - Shambhala Publications

After many years of meditation, feeling very confident & special, reading "The Path is the Goal" and "Cutting Through Spiritual Materialism" was a kick to the gut. When you're done having fun pretending to meditate, come to "The Path is the Goal" & be cut open by Chogyam Trungpa's absolute unwavering compassion.

The Path Is the Goal book by Ch ö gyam Trungpa

The path is the goal : a basic handbook of Buddhist meditation by Trungpa, Chogyam, 1939-; Ch ö dzin, Sherab. Publication date 1995 Topics Meditation Publisher Boston : Shambhala Collection inlibrary; printdisabled; internetarchivebooks; toronto Digitizing sponsor Internet Archive Contributor

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The Path Is the Goal: A Basic Handbook of Buddhist Meditation. By. Ch ö gyam Trungpa Rinpoche. -. January 1, 1995. 210. A simple and practical manual for the practice of meditation that evokes the author ' s penetrating insight and colorful language. Publishers: Shambhala Publications, 1995.

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Path Is The Goal, The: Trungpa, Chogyam: Amazon.com.au: Books

Meg Federico has been a student of the late Trungpa Rinpoche since 1973, and is a staff member of the Profound Treasury of Dharma retreat. She is a writer, and author of Welcome to the Departure Lounge; Adventures in Mothering Mother (Random House, 2009).

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Meditation is a way of realizing the fundamental truth, the basic truth, that we can discover ourselves, we can work on ourselves. The goal is the path and the path is the goal. There is no other way of attaining basic sanity than the practice of meditation. Absolutely none.

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