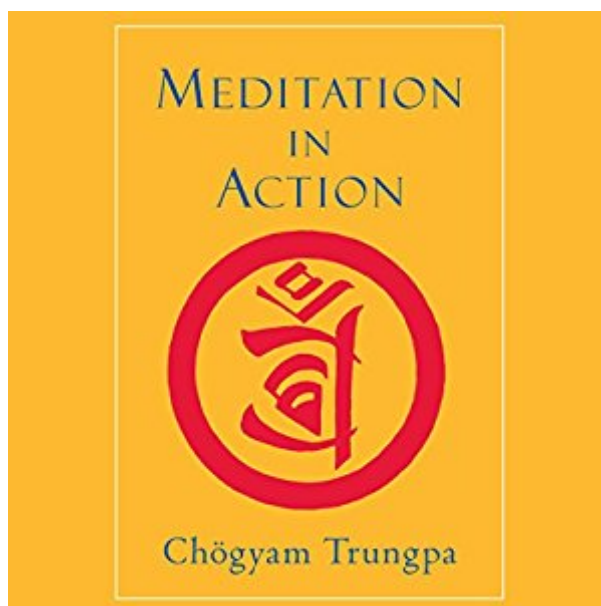


The book was found

Meditation In Action: 40th Anniversary Edition



Synopsis

This classic teaching by a Tibetan master continues to inspire both beginners and long-time practitioners of Buddhist meditation. Chgyam Trungpa Rinpoche shows that meditation extends beyond the formal practice of sitting to build the foundation for compassion, awareness, and creativity in all aspects of 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.

Book Information

Audible Audio Edition

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Version: Unabridged

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Audible.com Release Date: October 31, 2014

Whispersync for Voice: Ready

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Customer Reviews

Chogyam Trungpa Rinpoche was an amazing Tibetan teacher who escaped Tibet when he was 19 and came to the west and ended up in America. He had a short but a prolific life: he has created the Shambhala Centers - the main one being in Colorado and then branches all over the country plus he was the source creator of the Naropa University in Boulder, Colorado. This little book is a good way to start learning about his teachings. It is user friendly and helpful. Small in size and non-threatening, you may just read it over and over until you grasp the teachings. If you like his style and you learn something, then you may explore him further. His Centers also offer trainings on "The Path of the Warrior" about five levels which are not exactly Buddhism but very helpful in living a meaningful and strong existence in life. If you are on a spiritual path, I recommend his teachings

highly and feel it is worthwhile to explore his other work and maybe even consider exploring the Warrior Trainings at one of Shambhala centers.

Must have Dharma Text

As a relative newcomer to meditation, I found this book challenging at first. I do wish it had a glossary of terms for folks like me. In the end I enjoyed it very much and consider it a valuable addition to my growing library on the subject.

A text I'll always go back to because it's a multifaceted gem that will shine whichever angle/mood I take to it. It's not too esoteric, but undeniably intelligent. Now, perhaps, I should give that meditation thing a go ;-)

the one and only book on meditation you will ever need.

ok

Very Easy To Read. A Favorite Author

I must confess I had to edit my initial review on this book, so here is the reason why: When I purchased this book, I did it because a meditation teacher recommended it to me because he felt it would help me to understand the correct approach and attitudes towards meditation practice. As a westerner, I believed that I was going to buy an instruction manual, step-by-step ingredients and mixing and cooking instructions on how-to-meditate almost as if it were a recipe book. As I read on, at first I could not understand most of its teachings, since (according to my expectations) the book had little or nothing to do with meditation. Nowadays, I find these teachings inspirational, since they relate to the overall loving attitude that naturally arises towards meditation practice.

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Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation

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