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CUTTING THROUGH SPIRITUAL MATERIALISM



CHÖGYAM TRUNGPA

Foreword by SAKYONG MIPHAM

Cutting Through Spiritual Materialism Shambhala Classics

Gerald Benedict



Cutting Through Spiritual Materialism Shambhala Classics:

Cutting Through Spiritual Materialism Chogyam Trungpa, 2002-10-22 This modern spiritual classic highlights a trick we play on ourselves and offers a brighter reality liberation by letting go of the self rather than working to improve it The Tibetan meditation master Ch gyam Trungpa calls attention to the commonest pitfall to which every aspirant on the spiritual path falls prey what he calls spiritual materialism The problem is that ego can convert anything to its own use he says even spirituality The universal tendency is to see spirituality as a process of self improvement the impulse to develop and refine the ego when the ego is by nature essentially empty Trungpa s incisive compassionate teachings serve to wake us up from these false comforts Featuring a new foreward by his son and lineage holder *Cutting Through Spiritual Materialism* has resonated with students for nearly thirty years and remains as fresh as ever today

Cutting Through Spiritual Materialism Chögyam Trungpa, 2010-09-28 This modern spiritual classic highlights a trick we play on ourselves and offers a brighter reality liberation by letting go of the self rather than working to improve it The Tibetan meditation master Ch gyam Trungpa calls attention to the commonest pitfall to which every aspirant on the spiritual path falls prey what he calls spiritual materialism The problem is that ego can convert anything to its own use he says even spirituality The universal tendency is to see spirituality as a process of self improvement the impulse to develop and refine the ego when the ego is by nature essentially empty Trungpa s incisive compassionate teachings serve to wake us up from these false comforts Featuring a new foreward by his son and lineage holder *Cutting Through Spiritual Materialism* has resonated with students for nearly thirty years and remains as fresh as ever today

Shambhala Chogyam Trungpa, 2019-06-04 The classic guide to enlightened living that first presented the Buddhist path of the warrior to Western readers with a new foreword and cover presentation This timeless classic presents a vision of basic human wisdom that synchronizes the mind and body what Ch gyam Trungpa called the sacred path of the warrior This discipline embodies characteristics that many cultures regions and spiritual traditions throughout time have found valuable The sacred warrior conquers the world not through violence or aggression but through gentleness courage and self knowledge discovering the basic goodness of human life and radiating that goodness out into the world for the peace and sanity of others That s what the Shambhala teachings are all about and this is the book that has been presenting them to a wide and appreciative audience for more than thirty years This book is part of the Shambhala Pocket Library series The Shambhala Pocket Library is a collection of short portable teachings from notable figures across religious traditions and classic texts The covers in this series are rendered by Colorado artist Robert Spellman The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible reader friendly and applicable to everyday life

Shambhala Chögyam Trungpa, 2003 Since ancient times the path of the enlightened warrior has been a powerful and inspiring ideal showing us how we can master the challenges of life and draw power not from violence or aggression but through the cultivation of gentleness

courage and self knowledge The Shambhala Book and Card Set offers a unique way to work with the teachings of warriorship to gain personal freedom and power overcome negative habitual patterns and find the sacred dimension of everyday life This box includes 53 cards each containing a Shambhala Warrior Slogan with commentary on the reverse side packaged with a fold out card stand an instruction booklet with guidance for applying the slogans to life throughout the day and a paperback edition of Shambhala The Sacred Path of the Warrior Ch gyam Trungpa s classic work exploring the principles of warriorship

The Myth of Freedom and the Way of Meditation Chögyam Trungpa,2002-02-12 Featuring a new foreword by Pema Ch dr n this Tibetan Buddhist classic explores the meaning of freedom and how we can attain it through meditation Freedom is generally thought of as the ability to achieve goals and satisfy desires But what are the sources of these goals and desires If they arise from ignorance habitual patterns and negative emotions is the freedom to pursue these goals true freedom or is it just a myth In The Myth of Freedom and the Way of Meditation Ch gyam Trungpa explores the true meaning of freedom showing us how our attitudes preconceptions and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair He also explains how meditation can bring into focus the causes of frustration and how these negative forces can aid us in advancing toward true freedom Trungpa s unique ability to express the essence of Buddhist teachings in the language and imagery of contemporary American culture makes this book one of the best most accessible sources of the Buddhist doctrine ever written **The Pocket Chögyam Trungpa** Chögyam Trungpa,2008-11-11

A pocket sized treasury of short teachings on living life with courage and compassion from one of the most influential Buddhist teachers of our time Ch gyam Trungpa 1940 1987 one of the most influential Tibetan meditation masters to practice and teach in the West used to say that wisdom can be taught only in the form of a hint a hint that inclines us to recognize the wisdom in us all along Here are 108 marvelous hints from the renowned teacher so supremely skilled at dropping them The Pocket Ch gyam Trungpa will serve as a compact introduction to his teachings for those not yet familiar with him and as a wonderful source of daily inspiration for those who are The Shambhala Pocket Library is a collection of short portable teachings from notable figures across religious traditions and classic texts The covers in this series are rendered by Colorado artist Robert Spellman The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible reader friendly and applicable to everyday life *The Collected Works of Chögyam Trungpa: Volume 5* Chogyam Trungpa,2010-09-28 The Collected Works of Ch gyam Trungpa brings together in eight volumes the writings of one of the first and most influential and inspirational Tibetan teachers to present Buddhism in the West Organized by theme the collection includes full length books as well as articles seminar transcripts poems plays and interviews many of which have never before been available in book form From memoirs of his escape from Chinese occupied Tibet to insightful discussions of psychology mind and meditation from original verse and calligraphy to the esoteric lore of tantric Buddhism the impressive range of Trungpa s vision talents and teachings is

showcased in this landmark series Volume Five focuses on the lineages of great teachers who have transmitted the Tibetan Buddhist teachings and on the practice of devotion to the spiritual teacher It includes inspirational commentaries by Ch gyam Trungpa on the lives of famous masters such as Padmasambhava Naropa Milarepa Marpa and Tilopa as well as an excerpt from The Sadhana of Mahamudra a tantric text that Ch gyam Trungpa received as terma in 1968 Among the selected writings are Explanation of the Vajra Guru Mantra an article never before published which deals with the mantra that invokes Guru Rinpoche seminar talks available in book form for the first time and previously unpublished articles on Milarepa

The Five-Minute Philosopher Gerald Benedict,2012-01-01 To find philosophical enlightenment it is not necessary to climb to the top of a mountain or pursue a graduate degree All that is required is five minutes a day with any of the 80 life changing questions and answers compiled here by philosopher Gerald Benedict Full of insight and wisdom and utterly free of academic pretension The Five Minute Philosopher draws on sacred texts humanist writings and poetry to help readers shed their blinders put on their thinking caps and see the world and themselves anew

Recalling Chogyam Trungpa Fabrice Midal,2005-12-13 In wide ranging essays and interviews contributors from the fields of Buddhist practice and scholarship philosophy the arts and literature examine the work of a modern genius the Tibetan Buddhist meditation master Ch gyam Trungpa Rinpoche 1939 1987 A pioneer in introducing Buddhism to the West Trungpa Rinpoche had a distinct knack for breaking down the cultural historical and ideological barriers that make any such transmission so difficult today His skill at communicating in a living language to Western students while remaining faithful to the traditional origins of Buddhism was paired with an understanding of the modern world of unusual relevance As a result his activities in a wide range of areas including psychology education theater poetry visual arts translation publishing interreligious dialogue the creation of a path of spiritual warriorship and the founding of the first Buddhist university in North America offer penetrating insights into the meaning of Buddhism for our world and our culture This anthology is a testimony to the continuing influence of his unique qualities and work as a revitalizing force in spheres both spiritual and secular

Ocean of Dharma Chogyam Trungpa,2024-03-05 Here is an inspiring collection of short teachings from the writings of the renowned Tibetan meditation master Ch 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 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

The Pocket Chögyam Trungpa Chögyam Trungpa,2017-08-01 A pocket sized treasury of short teachings on living life with courage and compassion from one of the most influential Buddhist teachers of our time Ch gyam Trungpa 1940 1987 one of the most influential Tibetan meditation masters to practice and teach in the West used to say that wisdom can be taught only in the form of a hint a hint that inclines us to recognize the wisdom in us all along Here are 108 marvelous hints from the renowned teacher so supremely skilled at dropping them The

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Adventures of a Western Mystic Peter Mt Shasta, 2010-03-10 This is the true story of encounters with enlightened beings known in the East as Bodhisattvas who have attained the Rainbow Body yet who can and do appear in whatever form they are needed to assist humanity These are the Gods of ancient myth known in the West as Ascended Masters Here are the adventures of one individual as the Masters bring him face to face with his own Higher Self the I AM Presence *Matrix Meditations* Victor Daniels, Kooch N. Daniels, 2009-06-25 65 dynamic meditation techniques for manifesting your desires and multiplying the power of your mind Contains meditation practices from both Eastern and Western traditions Includes proven techniques for increasing mental clarity replacing negative behaviors that have become habits and realizing your desires *Matrix Meditations* offers dynamic meditation practices derived from both Eastern and Western spiritual traditions to develop intuition manifest desires and empower the self by forging a strong heart mind relationship The authors provide a systematic 16 week program that is designed to develop heightened awareness and deeper states of consciousness for readers with any level of meditation experience moving from lessons in classical Eastern techniques to advanced levels that employ methods not found elsewhere Four key forms of meditation are used in the book concentration mindfulness contemplation and adventures in awareness These are applied to specific practices that range from improving mental clarity and memory to replacing self limiting patterns of thinking and behaving in which you may be trapped Each of the 65 meditations offers a doorway into a different chamber of your consciousness and an opportunity to learn more about your physical mental emotional and spiritual nature The matrix can also be used as an oracle to guide you to the most valuable meditation you need for the present moment be it love balance conflict dreams renewal or celebration These meditation techniques are designed to create healing and harmony between the mind and emotions allowing you to attain not only greater financial and emotional security and well being but also life long spiritual growth *Saved From Enlightenment* Tarini Bauliya, 2015-10-05 A memoir of one woman s life viewed through the lens of her relationship with her spiritual teacher of over 20 years Her candid touching humorous stories are told in a voice that is authentic wry irreverent yet always colored with the note of longing for God that characterized her quest for something real from earliest childhood As she elaborates on various stepping stones and stumbling blocks encountered on her journey including the birth of her son several failed relationships and her wild and highly successful ride as a national sales executive her stories uniquely parallel the steps of any traditional spiritual path aimed at human transformation They also help to dispel the myths and expose the

assumptions about enlightenment and other fantasy solutions to the hard work of simply being human that are so common on the Path She does this by shedding an honest heartfelt light on the real gifts graces of her soul s journey a teaching of profound wisdom a community of other dedicated devotees and a guru who would not let her settle for less than her own intrinsic goodness The author received this spiritual name from her guru the American Baul master Lee Lozowick at her own request A few years into her 20 year apprenticeship with him she was ready to make a serious break with her past and to enter into a relationship of dedicated spiritual practice and service Her request for a new name it translates loosely as Mad Wind Friend was symbolic of that transformational leap of faith In his company she candidly admits she found an access point toward fulfillment of her hunger for God Lee Lozowick 1943 2010 was an iconoclast and founder of the Western Baul path He was the lyricist and lead singer in a rock band and a blues band and led his troupe all over the States Europe India sharing his work rock music in street festivals and concert halls for over 20 years When Tarini stumbled into his company his effect on her life was both confronting transformational In the end she reports she was saved from enlightenment among other invaluable treasures by the grace of God and skillful means of a worthy teacher Other seekers on any spiritual path will find here a story that can leave a smile a question and a small wound on a tender heart Her words will rekindle the longing that so many feel for a connection to their own deepest truth *The Feeling Buddha* David Brazier,2002-06 First published in the United Kingdom in 1997 by Robinson an imprint of Constable Robinson Ltd T p verso **The Book of Equanimity** Gerry Shishin Wick,2005-03-15 The Book of Equanimity contains the first ever complete English language commentary on one of the most beloved classic collections of Zen teaching stories koans making them vividly relevant to spiritual seekers and Zen students in the twenty first century Continually emphasizing koans as effective tools to discover and experience the deepest truths of our being Wick brings the art of the koan to life for those who want to practice wisdom in their daily lives The koan collection Wick explores here is highly esteemed as both literature and training material in the Zen tradition in which koan study is one of two paths a practitioner might take This collection is used for training in many Zen centers in the Americas and in Europe but has never before been available with commentary from a contemporary Zen master Wick s Book of Equanimity includes new translations of the preface main case and verse for each koan and modern commentaries on the koans by Wick himself 50 Spiritual Classics Second Edition Tom Butler-Bowdon,2016-12-14 If you only ever read one spiritual book let it be this one Susan Jeffers author of *Feel the Fear and Do It Anyway* 50 Spiritual Classics captures the diversity of life journeys that span centuries continents spiritual traditions and secular beliefs from the historical The Book of Chuang Tzu to modern insight from the Kabbalah from Kahlil Gibran s *The Prophet* to Eckhart Tolle s *The Power of Now* The first and only bite sized guide to the very best in spiritual writing this one of a kind collection includes personal memoirs and compelling biographies of such diverse figures as Gandhi Malcolm X and Black Elk Eastern philosophers and gurus including Krishnamurti Yogananda Chogyam Trungpa and Shunryu Suzuki and Western saints and mystics such as St Frances of Assisi

Hermann Hesse and Simone Weil The last fifteen years have been a golden age in the genre of personal spiritual awakening with names such as Eckhart Tolle Neale Donald Walsch and James Redfield breathing new life into the literature 50 Spiritual Classics showcases these newer works alongside traditional classics such as St Augustine's Confessions and Teresa of Avila's Interior Castle and conveys the great variety of spiritual experience In its commentaries of both the conventional classics as well as new writings destined to endure 50 Spiritual Classics makes universal the human spiritual experience and will inspire spiritual seekers everywhere to begin their own adventure

Challenges to Counselling and Psychotherapy Alex Howard, 1996-11-11 A clear readable radical challenge to the foundations of therapy The author's ultimate target is not counselling but the abuse of professionalisation and our current deity consumerism The range passion and depth of the discussion will attract the general reader and a wide diversity of carers and clients The questions raised should make it mandatory reading for practitioners and their supervisors Which schools of counselling will rise to the challenge Which will fail and fall

Chogyam Trungpa Fabrice Midal, 2004-12-28 Ch gyam Trungpa is virtually synonymous with the transmission of Tibetan Buddhism to the West Over the course of his seventeen year teaching career in North America Trungpa ushered in a radically new approach to spirituality both rooted in the ancient wisdom of the buddhadharma and thoroughly situated in the contemporary world His teachings grounded in what he called the Shambhala vision focused on the development of an enlightened society through the transformation of ordinary everyday life into sacred activity Steering between Western biography and traditional Tibetan hagiography Fabrice Midal takes you on a soaring journey through Trungpa's life and teachings Touching on all of the most momentous events this series of glimpses into Ch gyam Trungpa's world provides a rare view on the formation of Trungpa's thought and the remarkable body of teachings and writings that remain as his legacy Included are accounts of Ch gyam Trungpa's education in Tibet under the tutelage of great tantric masters like Jam ng Kongtr l of Sechen and Khenpo Gangshar The founding of landmark centers for Buddhist practice and education such as the Naropa Institute now Naropa University Karm Ch ling and the Rocky Mountain Dharma Center now the Shambhala Mountain Center Trungpa's historic meeting with the sixteenth Gyalwa Karmapa in 1974 the first ever visit of the Karmapa to America Behind the scenes stories of Trungpa's most treasured writings including *Meditation in Action* *Cutting Through Spiritual Materialism* and *Shambhala The Sacred Path of the Warrior* And much more

Living with Ease Sylvia Wetzels, 2015-07-15 Living with ease shows us how we can become familiar with attitudes which can support and heal us how to let go of old sorrows and develop a new perspective of life how to gently change old habits and stimulate deep appreciation for ourselves and everybody else how to see and make use of the many positive conditions life offers and lastly how we can learn to live with ease in a world full of challenges difficult emotions and political turmoil

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