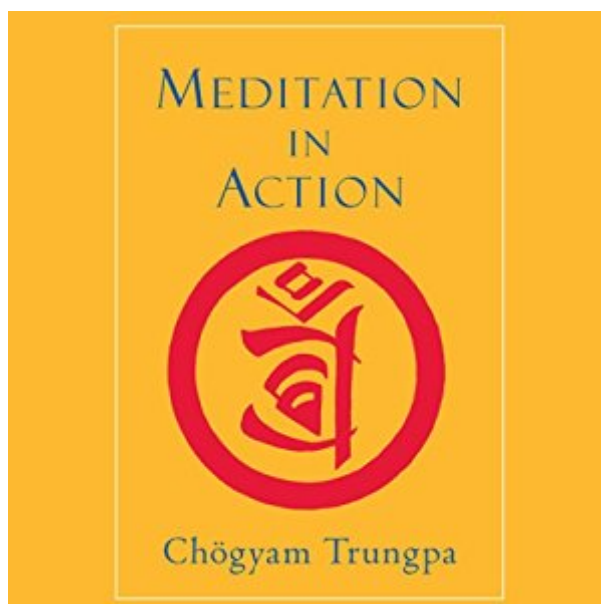


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# Meditation In Action: 40th Anniversary Edition



## 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

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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.

This is the first book I read of Trungpa's. This is the first time that I discovered that there was a "Chogyam Trungpa". I greedily took it home from the Bodhi Tree, read it, and then grimaced as I realized that you needed a teacher (not so today!). So I took some Valium and went into the Dharmadhatu Center in L.A. and received meditation instruction. This was 1977 so it was a brave deed. And since I had no feeling in my brain or body, I did quite well. A brunette sat down with me and taught me about the famous "outbreath". Chogyam Trungpa was officially my "teacher". Later, I would find out that he was an outrageous madman (no slander, .com. Even his present students admit this!) The book is a brilliant way to begin to "read up" on Trungpa. It's a soft blow. It will give good insight into Trungpa's teachings. But this series of lectures were given in Scotland in 1968, I believe. Trungpa wouldn't hit his stride until years later. After reading this, read "Cutting Through Spiritual Materialism" and "The Myth of Freedom". The title is a bit misleading. In the Kagyu (just say "cog-you" and you will get away with it) Tradition of Tibetan Buddhism, they more or less depend on sitting meditation to trigger off mindfulness. As one student told me, "They sit like pigs". They have been criticized by the other three Tibetan traditions for it. So if you are buying this book from .com because of the title "Meditation in Action" - forget it. Buy "The Miracle of Mindfulness" by Thich Nhat Hanh and vote for my review as you examine it! But if you are buying this book as an introduction to Trungpa's brilliant teachings, then BUY THIS BOOK! Thank you.

Probably one of the very best guides for living I have ever read. I feel CTR is writing directly to me as though we are having a private conversation, his work is so poignant, human and right on target for sane living. Everything is in here, the information is so valuable that all you need to read is this book and while that sounds dramatic that is how I feel when I read it. Then I put it away and in time forget about it but when I come back to it, there it is and I know his teachings are helping me. Brilliant and Thank you CTR, I am forever grateful.

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.

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 ;-)

One of the great classics in American Buddhist practice.

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

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