



# The Path Is the Goal: A Basic Handbook of Buddhist Meditation

*Chogyam Trungpa*

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# **The Path Is the Goal: A Basic Handbook of Buddhist Meditation**

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The Buddha taught meditation as the essential spiritual practice. Nothing else is more important. These classic teachings on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Chögyam Trungpa here reveals how the deliberate practice of mindfulness develops into awareness, insight, and openness. He also guides us away from the ego's trap: the urge to make meditation serve our ambition.



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