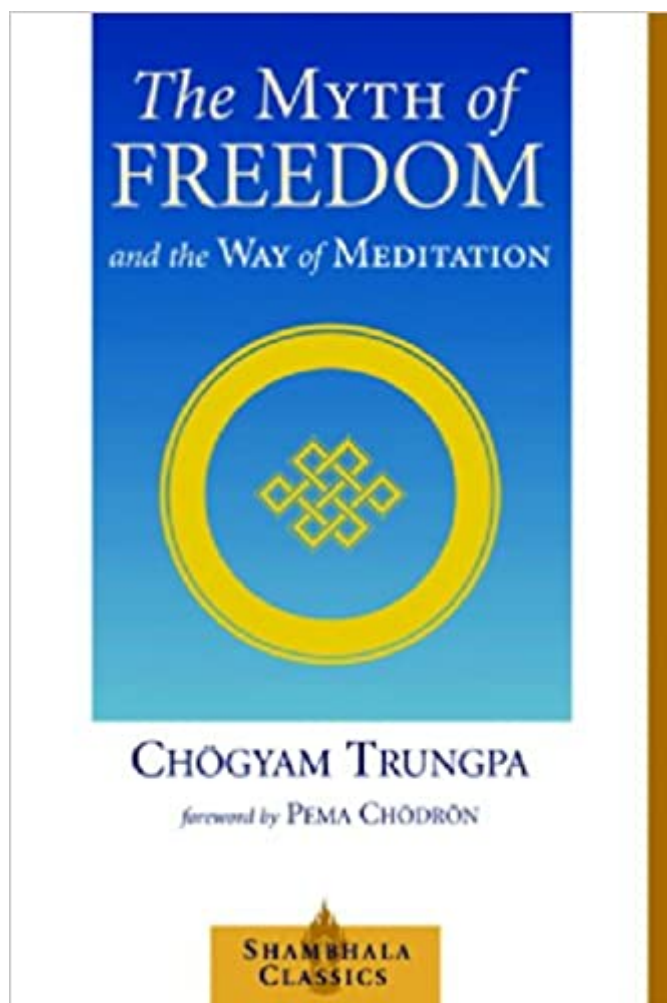


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# The Myth Of Freedom And The Way Of Meditation (Shambhala Classics)



## Synopsis

ChÃ¶gyam Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of modern American culture makes his books among the most accessible works of Buddhist philosophy. Here Trungpa explores the true meaning of freedom, showing us how our preconceptions, attitudes, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. This edition features a new foreword by Pema ChÃ¶drÃ¶n, a close student of Trungpa and the best-selling author of *When Things Fall Apart*.

## Book Information

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## Customer Reviews

"All is made painfully clearâ€”we are routed out of our little 'cubby holes', all of our excuses are brought out into the open and exposed for what they are. . . . If it is reality you want and not illusion, this is it. . . . An ego-shattering experience."â€” *The Middle Way*

ChÃ¶gyam Trungpa (1940â€”1987)â€”meditation master, teacher, and artistâ€”founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including *Shambhala: The Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

This, together with Cutting Through Spiritual Materialism, were the first books I read by Chogyam Trungpa, way back in the early 1970's. I read it, and then I read it again, and then I read it again. Now, four decades later, I purchased this book as a gift for a friend, and while waiting for him to pick it up, I availed myself of the opportunity for another re-read. Wow! It is as fresh and clearly written and as meaningful to me as ever! It is simple, Basic Buddhism 101. I feel proud not to have outgrown it at all..."In the midst of Vajrayana hoo-ha, basic Buddhism is breeze of delight."This book is entitled The Myth of Freedom because it is about freedom's opposite; it is a description of the various mental/spiritual prisons in which we can find ourselves, and it looks at the questions we inevitably ask when we realize that we are "doing time": How did we get into this prison? How do we get out?Chogyam Trungpa provides explanations and details which are simple to make sense of and make use of, and his book comes across in the same ways that its author did when he lived in this world: straightforward, honest, and exceedingly kind. I rate The Myth of Freedom a five star read, only because there is no such thing as a ten star read. Do I think you should buy it? Yes! Yes! Yes!So happy not to have grown too sophisticated for this book. I rate this a five star read, only because there is no such thing as a ten star read.

Having now read this work by Chogyam Trungpa for the first time, I understand why Pema Chodron considers it one of those works she must always go back to.

Trungpa is the Crazy Wisdom Vajrayana Voice.The wisdom and teachings he transmitted transcends time and conditions. He lived a short amazing life,made so many important contributions to our world that it's hard to fathom. I could say more, but he says it better,so much better.

Great book, worth reading again and again. An honest look at meditation and the Buddhist path. Trungpa doesn't pull any punches and gives a down to earth analysis. Perhaps not for the faint hearted or the overly romantic!!

This is a book go back to again and again. One of the very best books on practical Buddhism for westerners.

A contemporary Buddhist classic. In this book, you can expose yourself to traditional Buddhist wisdom and also learn what the milieu was like when Buddhism first came to America.

If you know how to meditate, this will add to your collection and methods. If you don't know how to meditate, this book will get you started. The author helps to "center" the reader and bring them into focus in "the present".

I'm reading this book the third time, this time with my meditation group, and I get something new and deeper with each reading. Very pithy, profound, classic Trungpa.

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