



The Heart of the Buddha: Entering the Tibetan Buddhist Path (Shambhala Classics)

By Chogyam Trungpa

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In *The Heart of the Buddha*, the Tibetan meditation master Chögyam Trungpa presents the basic teachings of Buddhism as they relate to everyday life. The book is divided into three parts. In “Personal Journey,” the author discusses the open, inquisitive, and good-humored qualities of the “heart of the Buddha,” an “enlightened gene” that everyone possesses. In “Stages on the Path,” he presents the three vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. In “Working with Others,” he describes the direct application of Buddhist teachings to topics as varied as relationships, drinking, children, and money. *The Heart of the Buddha* reflects Trungpa’s great appreciation for Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

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Editorial Review

Review

“Trungpa uses unexpected and surprising imagery which is often visceral and always striking. I found reading these articles induced an experience not unlike that of digging out old rock music and being struck by its fresh energy and imagination.”—Wildmind.org

About the Author

Chögyam Trungpa (1940–1987)—meditation master, teacher, and artist—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*.

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