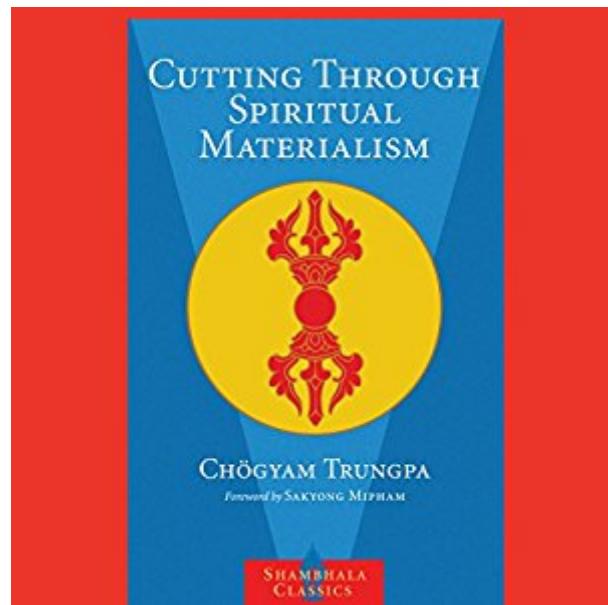


The book was found

Cutting Through Spiritual Materialism



Synopsis

In this modern spiritual classic, the Tibetan meditation master Chögyam Trungpa highlights the commonest pitfall to which every aspirant on the spiritual path falls prey: what he calls spiritual materialism. The universal tendency, he shows, 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. "The problem is that ego can convert anything to its own use," he said, "even spirituality." His incisive, compassionate teachings serve to wake us up from this trick we all play on ourselves and to offer us a far brighter reality: the true and joyous liberation that inevitably involves letting go of the self rather than working to improve it. It is a message that has resonated with students for nearly thirty years and remains fresh as ever today. This new edition includes a foreword by Chögyam Trungpa's son and lineage holder, Sakyong Mipham.

Book Information

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Customer Reviews

This is an absolutely fabulous book, anyone who is interested in Tibetan Buddhism should have this book in their library. I have given away so many copies of it I have lost count, it is something you want to share with everyone you know.

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