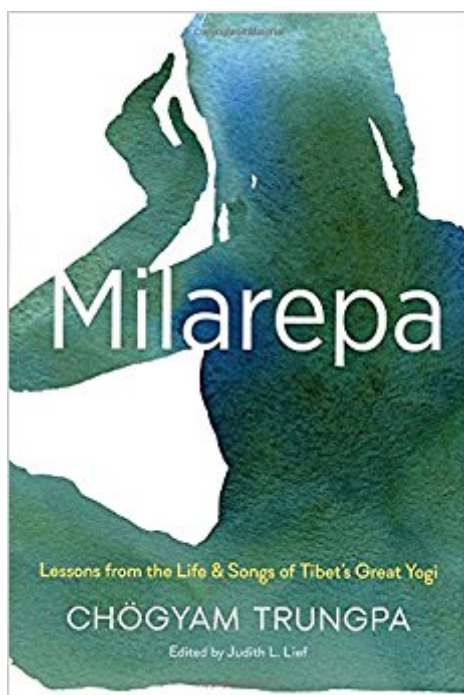


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# Milarepa: Lessons From The Life And Songs Of Tibet's Great Yogi



## Synopsis

Renowned meditation master Chögyam Trungpa retells the stories and realization songs of Tibet's best-known and most-beloved religious figure--and reveals how they relate to our everyday lives. He went from being the worst kind of malevolent sorcerer to a devoted and ascetic Buddhist practitioner to a completely enlightened being all in a single lifetime. The story of Milarepa (1040-1123) is a tale of such extreme and powerful transformation that it might be thought not to have much direct application to our own less dramatic lives--but Chögyam Trungpa shows otherwise. This collection of his teachings on the life and songs of the great Tibetan Buddhist poet-saint reveals how Milarepa's difficulties can be a source of guidance and inspiration for anyone. His struggles, his awakening, and the teachings from his remarkable songs provide precious wisdom for all us practitioners and show what devoted and diligent practice can achieve.

## Book Information

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## Customer Reviews

“Trungpa Rinpoche's expansive take on the traumatic and colorful life of Milarepa as a template for our own lives takes the reader on a roller-coaster journey through ancient Tibet and our own inner depths. If you are already a practicing Buddhist, this book will give you strength. If you are not, it will inspire you to get started as soon as

possible. — Norman Fischer, Zen priest, poet, and co-author of *What Is Zen: Plain Talk for a Beginner's Mind* — “How wonderful that Trungpa Rinpoche’s teachings on Milarepa have been gathered and presented in this way. This book will both interest and delight anyone wishing to explore the fascinating stories of Milarepa and other Tibetan masters from a practice perspective.” — Sharon Salzberg, author of *Lovingkindness and Real Happiness* — “In his trademark insightful and inspiring voice, Vidyadhara Trungpa Rinpoche here offers a true feast of wisdom nectar that distills the life and lineage of Milarepa, the greatest master of Tibet, to illuminate how we can transmute our lives into pure dharma. This volume is captivating, poetic, contemplative, and enlightening — all in one.” — Tulku Thondup, author of *The Heart of Unconditional Love*

Chöfögyam Trungpa (1940–1987) — meditation master, teacher, and artist — founded Naropa University in Boulder, Colorado; the Shambhala Training program; and an international association of meditation centers known as Shambhala. He is the author of numerous books including *Shambhala: Sacred Path of the Warrior*, and *Cutting Through Spiritual Materialism*. Judith L. Lief is a senior teacher in the Shambhala Buddhist lineage and a longtime editor of Chöfögyam Trungpa’s works.

Only fools trust in hope. -tLB

Excellent book for Dharma practitioners!

Timeless wisdom from an awakened teacher.

Worth it, this book.

Very insightful and instructive. There is not much available and even less accessible beyond the story of Milarepa’s life. What a great work. Thank you Judith and all those who preserved and then distilled this book of Trungpa’s understanding.

Love this book about about Milarepa. It is very deep and insightful. Worth reading at least couple of times. Warning this book is not the story of Milarepa - It is about his teachings.

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