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According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. It is the only way to begin the spiritual path. In fact, the goal is the path and the path is the goal. Shamatha is mindfulness of the coming and going of the breath in sitting meditation (or of walking in walking meditation).

The Path Is the Goal ()

Chögyam Trungpa (Wylie: Chos rgyam Drung pa; March 5, 1939 – April 4, 1987) was a Tibetan Buddhist meditation master and holder of both the Kagyu and Nyingma lineages of Tibetan Buddhism, the 11th of the Trungpa tülkus, a tertön, supreme abbot of the Surmang monasteries, scholar, teacher, poet, artist, and originator of a radical re-presentation of Tibetan Buddhist teachings and the myth ...

Chögyam Trungpa - Wikipedia

After many years of meditation, feeling very confident & special, reading "The Path is the Goal" and "Cutting Through Spiritual Materialism" was a kick to the gut. When you're done having fun pretending to meditate, come to "The Path is the Goal" & be cut open by Chogyam Trungpa's absolute unwavering compassion.

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Meg Federico has been a student of the late Trungpa Rinpoche since 1973, and is a staff member of the Profound Treasury of Dharma retreat. She is a writer, and author of Welcome to the Departure Lounge; Adventures in Mothering Mother (Random House, 2009).

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