



The Myth of Freedom and the Way of Meditation (Shambhala Classics)

By Chogyam Trungpa

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Editorial Review

Review

"All is made painfully clear—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."— *The Middle Way*

About the Author

Chögyam Trungpa (1940–1987) was a meditation master, teacher, and artist who founded Naropa University in Boulder, Colorado, and an international association of meditation centers known as Shambhala International. He is the author of numerous books including *Shambhala: Sacred Path of the Warrior* and *Cutting Through Spiritual Materialism*.

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