

ch gyam trungpa wikipedia - *ch gyam trungpa wylie chos rgyam drung pa march 5 1939 april 4 1987 was a buddhist meditation master and holder of both the kagyü and nyingma lineages the eleventh trungpa t lku a tert n supreme abbot of the surmang monasteries scholar teacher poet artist and originator of a radical re presentation of shambhala vision recognized both by tibetan buddhists and by other, **ch gyam trungpa rinpoche wikipedia** - ch gyam trungpa rinpoche 5 mars 1939 g j kham 2 4 avril 1987 halifax est un ma tre du bouddhisme tib tain connu pour avoir fond vajradhatu et la naropa university en en occident dans les ann es 1970 ainsi qu une voie la que de m ditation dans la lign e shambhala 3 il est aussi r put pour avoir t un ma tre spirituel aux m thodes iconoclastes, **standing meditation practices bibliography quotations** - the chinese refer to the mind as the playful monkey always jumping from one thing to another zhan zhuang standing is about being mindful mindfulness of your presence in the present moment*

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