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Ch 0 gyam Trungpa here reveals how the deliberate practice of mindfulness develops into awareness, insight, and openness.

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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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Meditation is a way of realizing the fundamental truth, the basic truth, that we can discover ourselves, we can work on ourselves. The goal is the path and the path is the goal. There is no other way of attaining basic sanity than the practice of meditation. Absolutely none.

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