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Volume One contains Trungpa's early writings in Great Britain, including *Born in Tibet* (1966), the memoir of his youth and training; *Meditation in Action* (1969), a classic on the practice of meditation; and *Mudra* (1972), a collection of verse.

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Meditation in Action. di Chogyam Trungpa, Sam Berholz. Grazie per la condivisione! Hai inviato la seguente valutazione e recensione. Appena le avremo esaminate le pubblicheremo sul nostro sito.

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But still things are not progressing. When you go into meditation and start meditating, everything goes very well, but still something is missing. For now one has to bring meditation into practical everyday life—this is known as meditation in action. While one talks, walks, does anything, one should be able to radiate.

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Chogyam Trungpa was one of the most visibly active of the Tibetan Buddhist refugees to come to the West and to lay the foundation in Europe and North America for the study of the Tibetan traditions.

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