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The Path Is the Goal - Shambhala Publications

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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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