



Glimpses of Abhidharma: From a Seminar on Buddhist Psychology

Chogyam Trungpa

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The Abhidharma is a collection of Buddhist scriptures that investigate the workings of the mind and the states of human consciousness. In this book, Chogyam Trungpa shows how an examination of the formation of the ego provides us with an opportunity to develop real intelligence. Trungpa also presents the practice of meditation as the means that enables us to see our psychological situation clearly and directly.

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