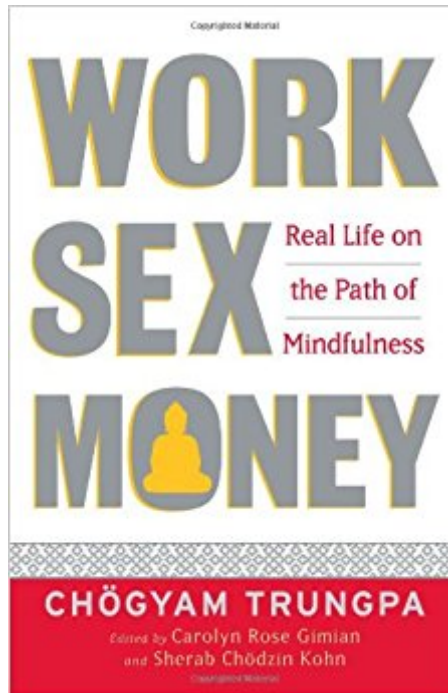


The book was found

Work, Sex, Money: Real Life On The Path Of Mindfulness



Synopsis

Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, *Work, Sex, Money*. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are. Yet they are also always sources of problems for which we seek practical advice and solutions. The best prescription, according to Chögyam Trungpa, is a dose of reality and also a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence. He then discusses these subjects in relation to ego and self-image, karma, mindfulness, and meditation. • *Work* includes general principles of mindfulness and awareness in how we conduct everyday life as well as discussion of ethics in business and the workplace. • *Sex* is about relationships and communication as a whole. • *Money* looks at how we view the economics of livelihood and money as • *green energy* that affects our lives. The result is an inclusive vision of life, one that encompasses the biggest issues and the smallest details of every day. There are, in fact, few definitive answers in these pages. There is, however, authentic wisdom providing us with tools we need to work with the toughest stuff in our lives.

Book Information

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Customer Reviews

Rather than stick to a notion that escaping the city, fleeing from making a living, and eluding the relationships to pursue and bills to pay that make up ordinary responsibility, Chögyam Trungpa urges the listener to embrace the everyday, for there lies the challenge to find balance between the demands of the spirit and the necessities of the body, and in overcoming the dualism that we falsely view as keeping these two apart. In these talks, mostly from the early 1970s, the newly arrived Trungpa tells his American audiences that the spiritual journey takes in the real world. While not really for a beginner to the dharma, the Shambhala (or somewhat secularized) content of some chapters and the down-to-earth advice seems accessible to everyone, even if intended for American Buddhists in the Age of Aquarius. He often criticizes "spiritual materialism," the solidifying of the ego into some mystic flight that only traps the self rather than liberating it into a rarified realm. For, the compassionate approach makes us look at the mundane, to find in it our destiny: to seek inspiration in the irritating surroundings in which we were raised, as our "true scripture." Speaking at a time when many sought "back to nature" as a panacea, he sharply corrects his listeners and connects their misconceptions, for the familiar must be confronted, and compassion must arise in the offices, cities, suburbs, and homes of a less romantic life. Learning to admire without possessing what one marries, sleeps with, works for, and accumulates means not to grasp at a spouse, a job, a product, or a lifestyle. This is where the title of the book matters.

Why it has taken me so long to read Chogyam Trungpa Rinpoche I have no idea. I do know that I will be picking up a few more of his books, soon, as his words are as transparent as you can get. In "Work, Sex, Money", Chogyam cuts through the ritual and prose of many books on the subjects. His explanations, and advice, are tactics we can all easily adapt to our lives. Each subject is broken down simply, and our attachments to them are clearly defined. He challenges us to combat our own egos, checking our intention when it comes to compassionate action. He says, "The popular, confused notion of compassion suggests a certain idea of charity, which is trying to be kind because you feel you are well off and therefore you should be kind to others who are not well off." I thought about this line for a while, and thought I'd remembered teachers always saying that those that are wealthy, should most definitely offer more because they have more. And it is right, as is CTR. It is all about intention though. If it's meant to pity someone, it is not compassion. If it is done clearly, and with heart, that is compassion. One of the other points he makes in the book is a concept I have never pondered, but will truly bring this into my every day practice. He says, "In the materialistic round of life, there are endless advertisements for things to buy, and endless things are produced, but nobody explains how to clear everything away-- how to dispose of the garbage." Why have I

never thought about that? Seriously, does any of us think that when we are buying the latest flat-screen, that new MacBook or anything else we "need" to have?

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