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Rinpoche. -. January 1, 1995. 210. A simple and practical manual for the practice of meditation that evokes the author's penetrating insight and colorful language. Publishers: Shambhala Publications, 1995.

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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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