



# Ocean of Dharma: The Everyday Wisdom of Chogyam Trungpa

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Here is an inspiring collection of short teachings from the writings of the renowned Tibetan meditation master Chögyam Trungpa. Pithy and immediate, these teachings can be contemplated and practiced every day—or any day—of the year. Drawn from a wide variety of sources—including never-before-published writings—*Ocean of Dharma* addresses a range of topics, including fear and fearlessness, accepting our imperfections, developing confidence, helping others, appreciating our basic goodness, and everyday life as a spiritual path.

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