



## Born in Tibet



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Einband: Taschenbuch

### Synopsis

Out of print since 1989, this is a volume of illuminating autobiography by one of the best-known spiritual teachers of our day. Identified at just over a year old as a major telku or reincarnation of an enlightened teacher, Trungpa underwent intensive training in meditation, philosophy and fine arts, and was ordained as a monk at the age of eighteen, in 1958. The following year the Chinese invaded, and Trungpa spent many harrowing months trekking across the Himalaya to north India, where this absorbing memoir concludes. In an epilogue, Trungpa describes his emigration to the West, and the development of his first Western teachings.

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