

Work, Sex, Money

Chögyam Trungpa, Rinpoche

Overall view

- This book is about genuine spiritual development.
- It is written for Westerners who live and work in the world and are not monastics.
- It is very practical.
- It is challenging because it is outside our comfort zone. It challenges our fixed beliefs and mental laziness.

Major Themes

- The Three Lords of Materialism
 - Material Materialism
 - Psychological Materialism
 - Spiritual materialism
- Sacred Outlook
- Stability or Equanimity

When summarizing chapters, please look for these three themes.