

# *The Myth of Freedom*

*Playlist of Recorded Talks*

*by Chögyam Trungpa*

A Playlist of Every Talk That  
was a Source for the Book

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CHÖGYAM TRUNGPA  
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# Playlist

The Chögyam Trungpa Digital Library is pleased to present a complete playlist of all the recorded talks included in Trungpa Rinpoche's classic book *The Myth of Freedom and the Way of Meditation*. Published in 1976, *The Myth of Freedom* is an edited compilation of thirty-seven different talks Trungpa Rinpoche gave across the United States between 1971 and 1973.

This playlist is split into the chapters and sections just as they are in *The Myth of Freedom* (and Pema Chödrön's commentary, *Another Kind of Freedom*). Across from the title of each book section is the link to the audio recording of the original talk. Click on the talk title to listen to the talk with captions and an interactive transcript. Learn more and access the full playlist [on the Library website here](#) or go directly to the entire playlist, in book order, [here](#).



## I *The Myth of Freedom*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Fantasy and Reality	<a href="#">Tibetan Buddhist Teachings and Their Application (Public Talk, Los Angeles, 1972)</a>
Disappointment	<a href="#">Disappointment (Public Talk, New York City, 1972)</a>
Suffering	<a href="#">Suffering (The Meaning of Death Seminar: Talk 3)</a>
Egolessness	<a href="#">Egolessness (The Meaning of Death Seminar: Talk 4)</a>

## II *Styles of Imprisonment*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Cosmic Joke	<a href="#">Cosmic Joke (Buddhadharma Without Credentials Seminar: Talk 2)</a>
Self-absorption	<a href="#">The Realm of the Gods (The Six States of Being Seminar: Talk 2)</a>
Paranoia	<a href="#">The Jealous God Realm (The Six States of Being Seminar: Talk 3)</a>
Passion	<a href="#">The Human Realm (The Six States of Being Seminar: Talk 4)</a>
Stupidity	<a href="#">The Animal Realm (The Six States of Being Seminar: Talk 5)</a>
Poverty	<a href="#">The Hungry Ghost and Hell Realms (The Six States of Being Seminar: Talk 6)</a>
Anger	

## III *Sitting Meditation*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
The Fool	<a href="#">The Fool (Buddhadharma Without Credentials Seminar: Talk 5)</a>
Simplicity	<a href="#">Sitting Meditation: Simplicity (Battle of Ego III Seminar: Talk 2)</a>
Mindfulness and Awareness	<a href="#">Awareness (Public Talk, New York City, 1972)</a>
Boredom	<a href="#">Boredom (Buddhadharma Without Credentials Seminar: Talk 3)</a>
The Way of the Buddha	<a href="#">Cool Boredom: The Way of the Buddha (Public Talk, Boston, 1972)</a>

## IV *Working with the Emotions*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
The Dualistic Barrier	→ <a href="#">Working with the Emotions (Battle of Ego III: Talk 3)</a>
Lion's Roar	→ <a href="#">The Lion's Roar (Buddhadharma Without Credentials Seminar: Talk 4)</a>
Working with Negativity	→ <a href="#">Working with Negativity (Community Talk, Karmê Chöling, VT, 1971)</a>

## V *Meditation in Action*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Work	→ <a href="#">Work: Simplicity and Awareness (Work Sex Money I Seminar: Talk 2)</a>
Love	→ <a href="#">Sex: The Flame of Love &amp; Pure Passion (Work Sex Money I Seminar: Talk 1)</a>
Working with People	→ <a href="#">Working with People: Tank Technique (Community Talk, VT, 1971)</a>
The Eightfold Path	→ <a href="#">The Eightfold Path (Public Talk, San Francisco, 1971)</a>

## VI *The Open Way*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Bodhisattva Vow	→ <a href="#">Bodhisattva Vow Part I (The Ten Bhumis Seminar: Talk 1)</a>
	→ <a href="#">Bodhisattva Vow Part II (The Ten Bhumis Seminar: Talk 2)</a>
Heroism	→ <a href="#">Heroism and the First Bhumi (The Ten Bhumis Seminar: Talk 3)</a>
The Sanity of Earth	→ <a href="#">The Sanity of Earth &amp; the Second Bhumi (The Ten Bhumis Seminar: Talk 4)</a>
Patience	→ <a href="#">Patience and the Third Bhumi (The Ten Bhumis Seminar: Talk 5)</a>
Tradition	→ <a href="#">Tradition and the Fourth Bhumi (The Ten Bhumis Seminar: Talk 6)</a>
Zen and Prajna	→ <a href="#">Meditation, Prajna, Skillful Means, and Power: 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> Bhumis (Ten Bhumis: Talk 7)</a>
The Approach to Enlightenment	→ <a href="#">Meditation, Prajna, Skillful Means, and Power: 9<sup>th</sup> Bhumi (Ten Bhumis: Talk 7)</a>
	→ <a href="#">The Approach to Enlightenment: 8<sup>th</sup> and 10<sup>th</sup> Bhumis (Ten Bhumis: Talk 8)</a>

## VII *Devotion*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Surrendering	→ <a href="#">Surrendering (Devotional Buddhism of Tibet Seminar: Talk 1)</a>
Spiritual Friend	→ <a href="#">Spiritual Friend (Devotional Buddhism of Tibet Seminar: Talk 3)</a>
The Great Warrior	→ <a href="#">The Great Warrior (Devotional Buddhism of Tibet Seminar: Talk 5)</a>
Commitment	→ <a href="#">Commitment (Devotional Buddhism of Tibet Seminar: Talk 6)</a>
The Universality of Guru	→ <a href="#">The Universality of the Guru (Devotional Buddhism of Tibet Seminar: Talk 7)</a>

## VIII *Tantra*

<u>Book Section:</u>	<u>Link to Original Talk:</u>
Aloneness	→ <a href="#">Aloneness (Public Talk, Sausalito, CA, 1972)</a>
Mandala	→ <a href="#">Tantra: Mandala (Battle of Ego III: Talk 5)</a>
Mahamudra Upadesa	→ No recording; translation of a Tibetan text