

First Thought, Best Thought: 108 Poems

Chogyam Trungpa



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Here

is a unique contribution to the field of poetry: a new collection of works by America's foremost Buddhist meditation master, Chögyam Trungpa. These poems and songs—most of which were written since his arrival in the United States in 1970—combine a background in classical Tibetan poetry with Trungpa's intuitive insight into the spirit of America, a spirit that is powerfully evoked in his use of colloquial metaphor and contemporary imagery.

Most

of the poems were originally written in English—clearly the result of the author's own perceptions of new forms and media offered to him by a different culture. Each poem has its own insight and power, which come from a skillful blend of traditional Asian subtlety and precision combined with a thoroughly modern vernacular. Several of the author's calligraphies accompany the collection.

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