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Trungpa rinpoche died to have someone to ask my questions of, Pema said in an inter-view in Crucial Point. Today, Kongtrul rinpoche is Pema's teacher and she devotes herself to his rigorous training methods. she is also an acharya (senior teacher) in the shambhala community, and resident teacher at Gampo abbey.

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PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa, the renowned Tibetan meditation master. She is resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the first Tibetan monastery in North America established for Westerners.

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