



Tsoknyi Rinpoche is a reincarnate lama educated in the Tibetan Buddhist tradition. He has been teaching students from around the world since 1990.

“Being carefree, you can fit in anywhere. If you’re not carefree you keep on bumping up against things. Your life becomes so narrow, so tight; it gets very claustrophobic. Carefree means being wide open from within, not constricted. Carefree doesn’t mean careless. It is not that you don’t care about others, not that you don’t have compassion or are unfriendly. Carefree is being really simple, from the inside. Dignity is not conceit but rather what shines forth from this carefree confidence.”

—Tsoknyi Rinpoche

Tsoknyi Rinpoche’s teaching style embodies a vividness that is a play between himself and his audience. His immediateness includes gestures and examples that entice us to understanding. Through guided meditations he offers direct participation as a delightful enhancement to our practice. Simple, straightforward and profound, *Carefree Dignity* is a book that captivates our intellect while enriching our awareness.



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