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Pema studied under the meditation master Chögyam Trungpa Rinpoche and currently studies with Sakyong Mipham Rinpoche and Dzigar Kongtrul Rinpoche. Pema is the resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the first Tibetan monastery for Westerners.

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Chodron, P. The Pocket Pema Chodron, pp. 39-40 ,and the August 2016 presentation given by His Holiness Gyalwang Drukpa at the Bucerius Summer School on Global Governance. By Anthony R. Quintiliani, PhD., LADC. From the Eleanor R. Liebman Center for Secular Meditation in Monkton, Vermont. Author of *Mindful Happiness*

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