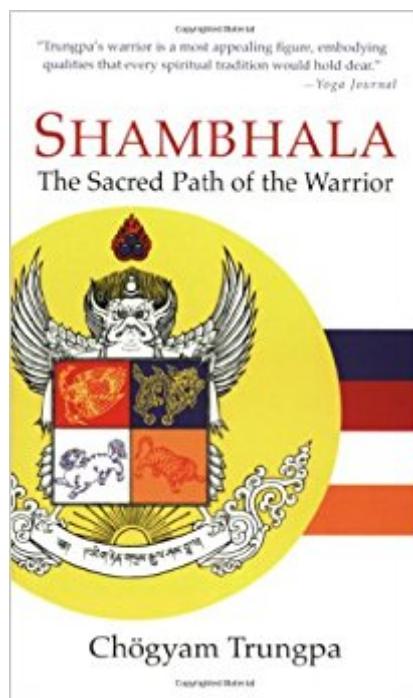


The book was found

Shambhala: The Sacred Path Of The Warrior



Synopsis

There is a basic human wisdom that can help solve the world's problems. It doesn't belong to any one culture or region or religious tradition • though it can be found in many of them throughout history. It's what Chogyam Trungpa called the sacred path of the warrior. The sacred warrior conquers the world not through violence or aggression, but through gentleness, courage, and self-knowledge. The warrior discovers the basic goodness of human life and radiates that goodness out into the world for the peace and sanity of others. That's what the Shambhala teachings are all about, and this is the book that has been presenting them to a wide and appreciative audience for more than twenty years.

Book Information

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Customer Reviews

"Trungpa's warrior is a most appealing figure, embodying qualities that every spiritual tradition would hold dear. The principal discipline recommended here—being genuine moment after moment—allows one to discover the magic inherent in phenomena, where the synchronization of body and mind becomes an attunement to the natural order."—Yoga Journal "Trungpa's clear-headed vision shows us that celebrating life is based on appreciating ourselves. This book is a masterpiece of clarity and insight."—East West Journal "Shambhala provides a clear depiction of the results and, thus, the reasons for meditation practice as a source of strength for daily living and spiritual growth."—Body, Mind & Spirit

Presents the code of the warrior as a way for modern men and women to meet the challenges of life with fearlessness and dignity. --This text refers to an out of print or unavailable edition of this title.

I had for my brother who is going through a rough time in life, he is into spirituality but doesn't like to talk about it. This is a nice book because it isn't very pushy and doesn't force its faith onto the reader. Chogyam Trungpa more talks about the human condition as a whole in a way we can all relate. Not like some other faiths that say this is good and this is bad, if you do this your good but if you do that you're bad. Which makes it easier for my brother to read and not put his defenses up.

This can be dense for some people. Don't let that discourage you. Read it through without worrying too much about understanding everything. As you progress along your path return to it and you'll find that it reveals itself to you in different ways each time. It's like terma. The teachings will appear to you as you can use them. You'll return to the book and wonder where the 'extra' chapters came from. :-)

my friend recommended this book to me, and I found it a peaceful read. Much of the path in this book, I live in my daily life, and I don't personally adhere to any one way. I enjoy being a solitary being. However, the concepts of love and being are beautiful. The explanations of the deeper sight of living this human life are well written and understandable. I'm glad I have this book. I have no doubt, that I will read it over and over through future times in my life.

Chögyam Trungpa Rinpoche, in describing the features and the way of the Shamballah (spiritual) warrior illuminates a path for me to follow -- one which may lead me, if I will pay attention, to a life less controlled by ego, more attuned to service in the sacred world. That Trungpa Rinpoche teaches a secular Way is especially encouraging to me, as I find a good deal of comfort and peace in secular Buddhism.

Compassion and understanding for yourself and towards those who you cannot forgive. This book chose me 30 years ago when I was at a very low period in my life. Whenever I find myself with anger, hatred and fear in my heart. I read this book and am at peace with myself and the world again. This book is needed at this time in the world when so much division surrounds us. I purchased many copies since then and given them to friends. They have done the same after reading this book.

This introduction to Shambhala Buddhism is easy to understand but not oversimplified; a real, lighthearted but still serious text on the Dharma that I keep coming back to and have given as a gift multiple times. Love the sweet small size, as well, and the incorporated bookmark.

I recommend this book for anyone seeking a better path of living. A warrior isn't necessarily one that does physical battle. Sometimes the battle is with the spirit within.

I love this book. I picked it up before sinking my teeth into Shambhala training at my local Shambhala center. If you are curious about meditation, I'd highly recommend this book. It is eye opening for practitioners and non-practitioners alike. Chogyam Trungpa writes for the common person, and shares insights that bring into focus the profound parts of everyday life. A great book for yourself or a meaningful gift. I couldn't recommend it enough! I've already read it more than once and I predict I'll be re-reading many times to come.

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