



The Way of Shambhala



Sakyong Mipham Rinpoche, Cuncumen, Chile 2006. Photo: Rand Gaynor

The path of Shambhala is here to awaken us to the potential of our lives. It teaches us how to live meaningfully and vigorously, with joy. Its ancient but practical wisdom allows us to discover unconditional human confidence. Through the practice of meditation, we discover that goodness, strength, and wisdom are inherent in our own mind and being. Having gained this insight, we are able to maneuver through life with courage, intelligence, and compassion. Daily life becomes an opportunity to further cultivate these qualities. In Shambhala this journey is exemplified by the tiger, lion, Garuda, and dragon—four animals that each reveal to us a specific wisdom. As we fully realize these enlightened qualities, we are able to rouse them for a world that desperately needs this knowledge and experience. I look forward to working with you as we make this journey together.

Sakyong Mipham Rinpoche

What is Shambhala?

Throughout history, people have aspired to create societies that express the dignity of human existence within a wise, flourishing culture. This is the vision of Shambhala—a legendary enlightened society. The first king of Shambhala is said to have received teachings directly from the Buddha; teachings on the inseparability of spirituality and everyday life.

The Tibetan meditation master, Chögyam Trungpa Rinpoche carried this tradition into the modern world. He writes,

“The Shambhala teachings are founded on the premise that there is basic human wisdom that can help to solve the world’s problems. This wisdom does not belong to any one culture or religion, nor does it come only from the West or the East. Rather

it is a tradition of human warriorship that has existed in many cultures at many times throughout history.”

Warriorship in the Shambhala tradition, is a path of bravery, gentleness and genuineness. At the heart of the Shambhala warrior tradition is the view that a brilliant life is accessible to everyone. Contemplative practices bring a natural sense of fearlessness and humor into our ordinary lives.

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S H A M B H A L A



The Way of Shambhala

The Way of Shambhala offers a structured path of meditation and a complete introduction to the foundations of Shambhala Buddhism. Suitable for both beginning and experienced meditators, and open to people of any spiritual tradition, this series of weekends and classes provide a strong foundation in mindfulness-awareness meditation practice, wisdom teachings, and physical practices rooted in the ancient traditions of Shambhala and Tibetan Buddhism. Students will also be introduced to contemplative disciplines that make the journey experiential—touching our emotions, our intelligence, our creativity, and the practical details of daily life in modern society. The programs are presented by experienced Shambhala teachers under the guidance of the Shambhala lineage-holder, Sakyong Mipham Rinpoche.

The Way of Shambhala is a sequential series of weekends and weeknight classes. Students may choose to participate in the weekends exclusively, or some of the weeknight courses (without doing the weekends). Please speak with a teacher to clarify how this path could work best for your personal schedule.

I Meditation in Everyday Life Series

The Way of Shambhala begins with the Shambhala Training Level I weekend, “The Art of Being Human”, and continues with a six week course “Meditation in Everyday Life”. In Shambhala Training Level I, students are introduced to basic goodness and the practice of meditation in a supportive, social environment. The weekend includes meditation practice, discussion, and individual meetings with meditation instructors.

The Meditation in Everyday Life course which follows the weekend, provides an opportunity to deepen the experience and understanding of meditation, with practical suggestions for establishing a sitting practice in the midst of our speedy lives. Each evening class allows for open discussion of the challenges that students face in their practice.

Shambhala Training Level I weekend: “The Art of Being Human”

Pre-requisite: none

“Meditation in Everyday Life” course

Pre-requisite: Shambhala meditation instruction

II Tiger Series

As we continue with the Tiger series, meditation experience is deepened through the cultivation of contentment and simplicity. We explore the foundational views of the hinayana Buddhist teachings, and meditation in action for daily life. Through understanding the painful conditions and emotions that keep us trapped in habitual patterns, we can open to our inherent goodness and express the qualities of the Tiger: gentleness, appreciation and steadiness.

Shambhala Training Level II weekend: Birth of the Warrior

Pre-requisite: Shambhala Training Level I

Tiger class

Pre-requisite: Shambhala meditation instruction.

III Lion Series

This series expands the meditation experience by cultivating the noble-heart of the mahayana teachings, opening the path to the virtue and celebration of compassion. Through practical methods, we further develop kindness toward ourselves and others. We emphasize the joy and invigoration that comes from discipline. The Lion represents the qualities of cheerfulness, health, and freedom from doubt.

Shambhala Training Level III weekend: Warrior in the World

Pre-requisite: Shambhala Training Level II

Lion class

Pre-requisite: Shambhala meditation instruction

IV Garuda Series

The Garuda series mixes meditation with the vastness of space beyond concept. Through an exploration of the Buddhist teachings of emptiness and clear seeing, the meditation opens to the groundlessness, uncertainty and creativity of the world as it is. By exploring the entrapping emotions of hope and fear, we learn to soar fearlessly like the mythical bird known as the Garuda.

Shambhala Training Level IV weekend: Awakened Heart

Pre-requisite: Shambhala Training Level III

Garuda class

Pre-requisite: Shambhala Training Level IV and Lion class

V Dragon series

The Dragon series looks at the qualities of a master warrior whose vastness of mind and skills in enriching the world are fully manifested. Here the practitioner is introduced to the vajrayana teachings of Buddhism, which reveal the sacredness of the phenomenal world. Students will receive essential instructions for transforming confused emotions and situations into wisdom as they arise. The master warrior is no longer deterred or depressed by obstacles, but with tremendous forward vision and strength, the Dragon playfully includes everything as part of the path. In this way, the warrior is able to skillfully benefit the world.

Shambhala Training Level V weekend: Open Sky

Pre-requisite: Shambhala Training Level IV

Dragon Class

Pre-requisite: Shambhala Training Level V and Garuda class

VI Rigden Weekend

The Way of Shambhala will culminate in the “Rigden Weekend”. The Rigden is a representation of our basic enlightened nature and embodies the principle of unconditional bravery. Historically, rigdens were enlightened rulers — those who could “rule their world” based on their unwavering experience of basic goodness. This weekend includes a formal transmission of windhorse practice, and study of the Six Ways of Ruling.

Rigden Weekend

Pre-requisite: Tiger, Lion, Garuda and Dragon series, or, completion of the Sacred Path program and some introductory Buddhist classes.