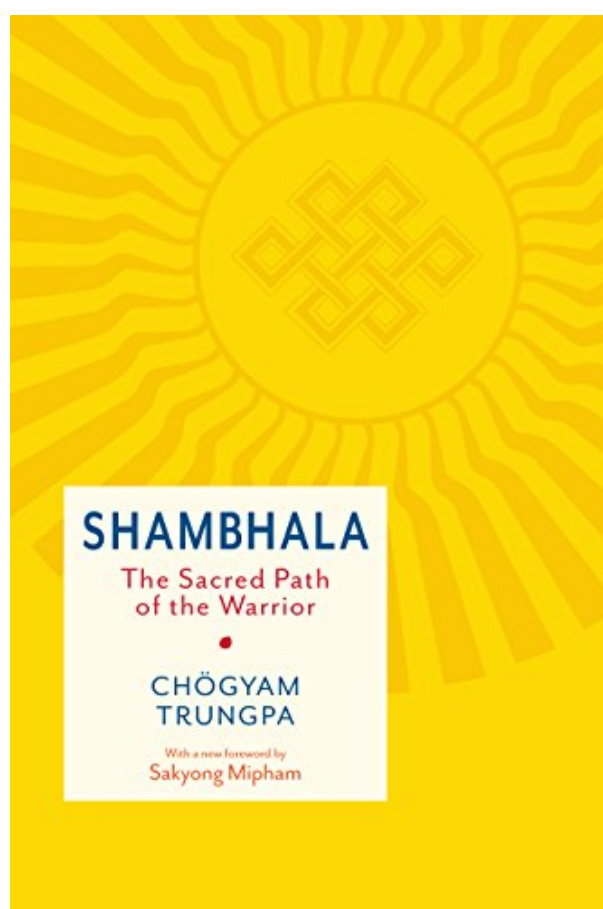
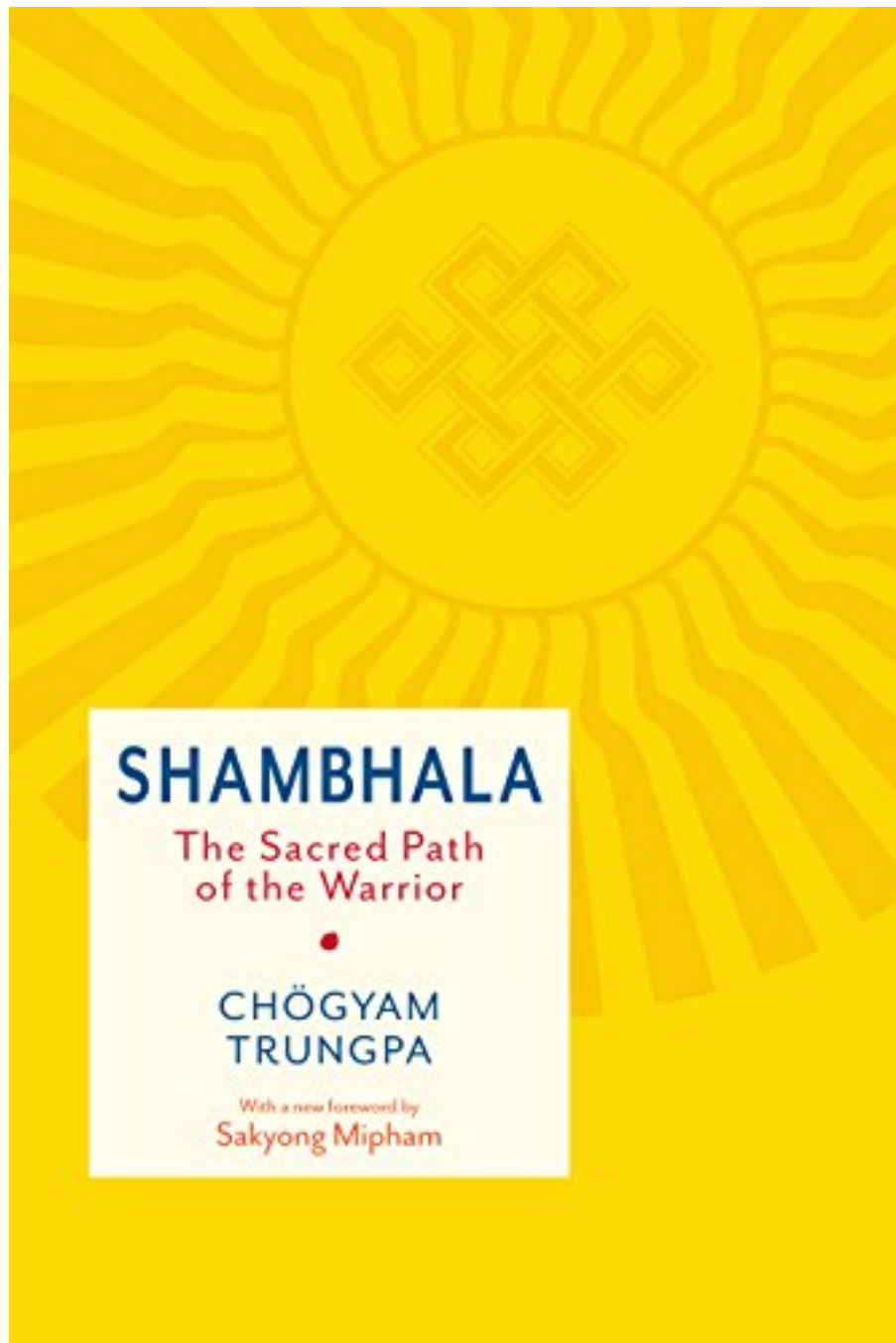


# SHAMBHALA: THE SACRED PATH OF THE WARRIOR (SHAMBHALA CLASSICS) BY CHOGYAM TRUNGPA



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## Review

"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

## From the Inside Flap

Presents the code of the warrior as a way for modern men and women to meet the challenges of life with fearlessness and dignity.

## About the Author

Chögyam Trungpa (1940–1987)—meditation master, teacher, and artist—founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including *Shambhala: The Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

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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 Chögyam 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.

- Sales Rank: #63696 in eBooks
- Published on: 2015-06-16
- Released on: 2015-06-16
- Format: Kindle eBook

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## Most helpful customer reviews

141 of 145 people found the following review helpful.

"Where the Clover-Tops are Trees, and the Rain-Pools are the Seas."

By Laurie

Chögyam Trungpa was, if nothing else, a Character. As famous as his ideas were his Shenanigans: promiscuity, affairs with students, and heavy drinking that on the face of it seem out of step with the Buddha's teachings, but which many of his followers justified as "Crazy Wisdom" in a long Tibetan tradition. (His misbehaviour is said to have begun after an accident: he crashed his car - I place my hand over my heart as I tell you this - into a joke-shop.)

I've always felt uncomfortable with books like "Cutting Through Spiritual Materialism" and "The Myth of Freedom". He shows nothing short of genius in adapting Tibetan world-pictures and spiritual methods for Western readers: unlike many icons of Asian spirituality in the West, he really, thoroughly (and indeed scarily) understood the people he found himself among.

But he adapted by psychologising. For Tibetans, the Six Realms of Existence are actual and concrete; they are as real as Ecuador or Niagara Falls. Trungpa Rinpoche turns them into Mental Tendencies that we can observe in our own minds at any moment. The result is fascinating, much-praised and helpful to many, but leaves me feeling... confused, dubious.

No such reservations about this more modest book. The legendary city of Shambhala, the Way of the Warrior, may be peripheral aspects of Tibetan tradition, but they're especially accessible. This is, in a word, Wisdom, that anybody could practice anywhere, at any time. I am awed by his subtlety, poetry and delicacy of touch. His choice of the "Child's Garden of Verses", for instance, to illustrate the Buddhist concept of seeing the Universe in its smallest details, is wildly inspired. I rack my brains to think of another Asian spiritual teacher who could have used that illustration.

Wisdom is often advertised, much more seldom found, but it's certainly here, along with a fragrance of ancient heroic tales and indelible childhood stories. Even the faintly Asian English (you keep waiting to be called "Grasshopper") only adds to the appeal.

84 of 87 people found the following review helpful.

The Sacred Warrior - Purity of Heart, Nobility of Soul

By alex.yap@get2net.dk

Enlightening ! Full of Wisdom ! Buy It ! Make a Difference ... for your self ... and for society ! This book was first given to me by a Tibetan Master, Jamgon Kongtrul Rinpoche, in 1985 when I asked him about Shambala (the enlightened society). Jamgon Kongtrul was a living example of compassion and wisdom. Even though he did not know me as I was just one among one a crowd, he immediately gave me this enlightening book. Since then, I have been buying it and giving it to many people. It is his legacy. (Trunpa and Jamgon comes from the same Tibetan Buddhist lineage.) This book is not about following a religious dogma or path. It is about how to live a dignified and meaningful human existence. The sacred warrior is not only brave and honorable but gentle and kind at the same time. The sacred warrior do not live in a world of deceit and superficiality. She or he is a genuine human being who is always considerate to others and her/his environment. Trungpa says that the bravest warrior is the one who can open her/his heart to others and wears no masks nor armor to hide her/his weakness. We all have the inherent potential to be sacred warriors. And by doing so, we will help contribute to make the world a better place to live in. Trunpa says that instead of trying very hard to change other people, our society, our families, and situations, we should first change ourselves and our negative attitudes first. It is only when we change our innermost selves and our myopic views of life that we can make a difference and genuinely help transform our society to a better place to live

in. When we choose to be sacred warriors, that will be our lifelong existentialist quest. Be prepared for a new way of living human existence.

135 of 148 people found the following review helpful.

a beginners guide to Shambhala

By George Schaefer

Shambhala: The Sacred path of the Warrior is a book I read on whimsy. I read this book originally because of the relationship Trungpa had with Allen Ginsberg. I was curious so I picked up a copy of this book. It was enlightening because this is the real deal unlike a lot of the half baked Zen Buddhism invoked by many beatnik types. One need not drop acid to gain wisdom here. If you want the hokey, trippie hippie Buddhism, forget this book. Trungpa is writing of an ancient code of warriorship. It is an inward, spiritual journey drawn from the Tibetan warrior culture. One who reads this and learns the lessons it teaches will be assisted in overcoming self doubt and negativity. This is not a book of violence. It is really a guide towards overcoming violence. It is about learning mastery over oneself. I was inspired to be better after reading this book. It made me believe in the possibility of transcendence. That is saying something, too. It is a very motivational book.

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