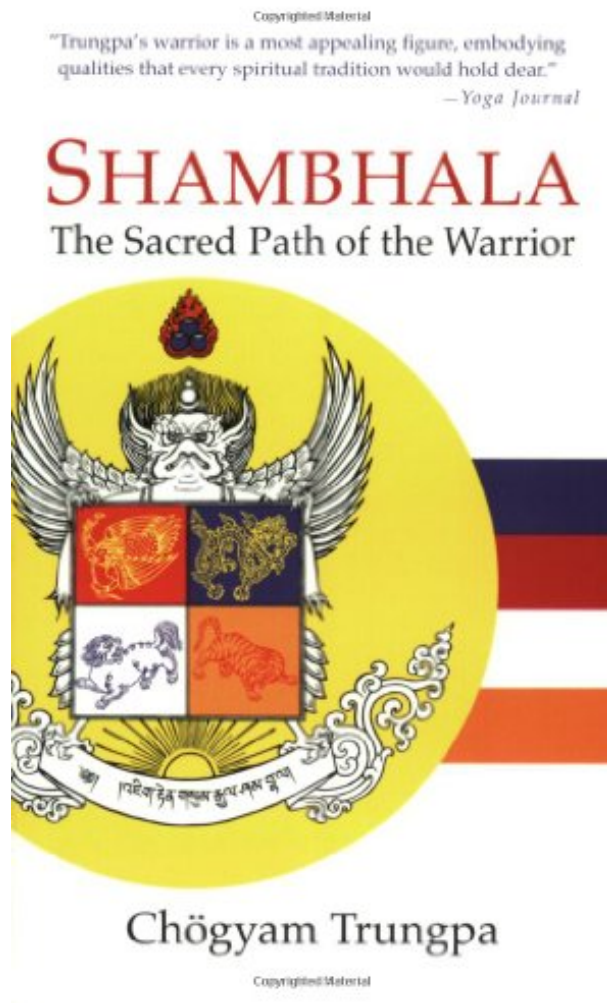


# SHAMBHALA: THE SACRED PATH OF THE WARRIOR BY CHOGYAM TRUNGPA



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"Trungpa's warrior is a most appealing figure, embodying qualities that every spiritual tradition would hold dear."

—*Yoga Journal*

# SHAMBHALA

## The Sacred Path of the Warrior



Chögyam Trungpa

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"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: #18320 in Books
- Brand: Brand: Shambhala
- Published on: 2007-03-27
- Released on: 2007-03-27
- Original language: English
- Number of items: 1
- Dimensions: 6.76" h x .70" w x 4.17" l, .25 pounds
- Binding: Mass Market Paperback
- 256 pages

## Features

- Used Book in Good Condition

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1 of 1 people found the following review helpful.

Very helpful book lots of great spiritual wisdom and guidance

By Mdobber22

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.

1 of 1 people found the following review helpful.

Simple Words, Profound Changes

By Bob

A clear, simple, straightforward read on how to develop a "centered life" perspective and why doing so can change everything. Trungpa Rinpoche was a visionary and meditation master who came to the west in the late 50's when China was cracking down on Tibet. "Shambhala" is the name he chose to communicate the 2,500 years of Tibetan Buddhist wisdom in a secular way to the west. It refers to the legendary enlightened civilization which adhered to the notions that each person possesses an inner "Buddha" or "loving, kind center" and through meditation practices, we each can live a True life in the present moment, release fears and serve others to create an enlightened society.

0 of 0 people found the following review helpful.

A Beautiful and Peaceful Read

By Vennie Kocsis

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.

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