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attempt to explain this approach to
personal and social well-being, a journey
of understanding and realization he called

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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.

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During a series of visionary experiences

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that took place between 1976 and 1980, Ch ö gyam Trungpa wrote down what became known as the Shambhala texts. The Sacred Path program is a study of these texts and on the extensive commentaries he and Sakyong Mipham gave on these teachings and how to practice them in modern times. Warrior

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The Warrior enlightened living, Ch ö gyam Trungpa offers an inspiring vision for our time, based on the figure of the sacred warrior. In ancient times, the warrior learned to master the challenges of life, both on and off the battlefield.

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The Warrior Training. These practices are based on a societal vision and aspiration to help the world. During a series of visionary experiences that took place between 1976 and 1980, Chogyam Trungpa Rinpoche wrote down the Shambhala texts.

The Sacred Path - Northern California

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Warrior. Welcome. This page will be our home during the course for information, links, schedules, files, and discussion. Recordings of these live classes will be emailed to participants as soon as the recordings are available.

Sacred Path Class Details – The Wisdom
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foreword and cover presentation. 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 Ch ö gyam Trungpa called the sacred path of the warrior. The sacred warrior

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The Warrior is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years

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into a compact format that is collectible, reader-friendly, and applicable to everyday life.

"In Shambhala: The Sacred Path of the Warrior Ch ö gyam Trungpa offers an inspiring and practical guide to enlightened living based on the

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The Warrior journey of warriorship, a secular path taught internationally through the Shambhala Training program. Great Eastern Sun: The Wisdom of Shambhala is a continuation of that path. Shambhala was an exploration of human goodness and its potential to create an enlightened society—a state that the

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author calls "nowness." And in that spirit of nowness, Great Eastern Sun—which is accessible to meditators and nonmeditators alike—centers on the question, "Since we're here, how are we going to live from now on?"

The Collected Works of Ch ö gyam

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Trungpa brings together in ten volumes the writings of the first and most influential and inspirational Tibetan teachers to present Buddhism in the West. Organized by theme, the collection includes full-length books as well as articles, seminar transcripts, poems, plays, and interviews, many of which have never before been

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available in book form. From memoirs of his escape from Chinese-occupied Tibet to insightful discussions of psychology, mind, and meditation; from original verse and calligraphy to the esoteric lore of tantric Buddhism-the impressive range of Trungpa's vision, talents, and teachings is showcased in this landmark series. Volume

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The Warrior captures the distinctive voice that Ch ö gyam Trungpa developed in North America in the 1970s and reflects the preoccupations among Western students of that era. It includes Cutting Through Spiritual Materialism and The Myth of Freedom, the two books that put Ch ö gyam Trungpa on the map of the

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American spiritual scene. The Heart of the Buddha and sixteen articles and forewords complete this volume.

Ch ö gyam Trungpa describes "crazy wisdom" as an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. This

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The Warrior examines the life of Padmasambhava—the revered Indian teacher who brought Buddhism to Tibet—to illustrate the principle of crazy wisdom. From this profound point of view, spiritual practice does not provide comfortable answers to pain or confusion. On the contrary, painful emotions can be

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Appreciated as a challenging opportunity for new discovery. In particular, the author discusses meditation as a practical way to uncover one's own innate wisdom.

Featuring a new foreword by Pema Chödrön, this Tibetan Buddhist classic explores the meaning of freedom and how

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The can attain it through meditation
Freedom is generally thought of as the ability to achieve goals and satisfy desires. But what are the sources of these goals and desires? If they arise from ignorance, habitual patterns, and negative emotions, is the freedom to pursue these goals true freedom—or is it just a myth? In The

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Myth of Freedom and the Way of Meditation, Ch ö gyam Trungpa explores the true meaning of freedom, showing us how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He also explains how meditation can bring into focus the

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The Warrior, and how these negative forces can aid us in advancing toward true freedom. Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of contemporary American culture makes this book one of the best, most accessible sources of the Buddhist doctrine ever

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The basic teachings of Buddhism as they relate to everyday life—presented by the esteemed Tibetan meditation master In The Heart of the Buddha, Ch ö gyam Trungpa examines the basic teachings of Buddhism and places them within the

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context of daily life. Divided into three parts, the book begins with a discussion about the open, inquisitive, and good-humored qualities of the “ heart of the Buddha ” —an “ enlightened gene ” that everyone possesses. Next, Ch ö gyam Trungpa moves to the stages of the Buddhist path, presenting the three

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vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. Finally, he describes the direct application of Buddhist teachings to topics as varied as relationships, drinking, children, and money. The Heart of the Buddha reflects Trungpa ' s great appreciation for

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The Warrior Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

A concise, classic handbook of Buddhist spiritual practice from a renowned Tibetan meditation master. This classic

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Teaching by a Tibetan master continues to inspire both beginners and long-time practitioners of Buddhist meditation.

Ch ö gyam Trungpa Rinpoche shows that meditation extends beyond the formal practice of sitting to build the foundation for compassion, awareness, and creativity in all aspects of life. Trungpa describes the

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Life of the Buddha and emphasizes that, like the Buddha, we must find the truth for ourselves, rather than following someone else's example. Meditation in action might also be called "working meditation," for it is not a retreat from the world. Rather, it builds the foundation for tremendous compassion, awareness, and creativity in

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all aspects of a person's mind or behavior. He explores the six activities associated with meditation in action--generosity, discipline, patience, energy, clarity, and wisdom--revealing that through simple, direct experience, one can attain real wisdom: the ability to see clearly into situations and deal with them skillfully,

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without the self-consciousness connected
with ego.

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