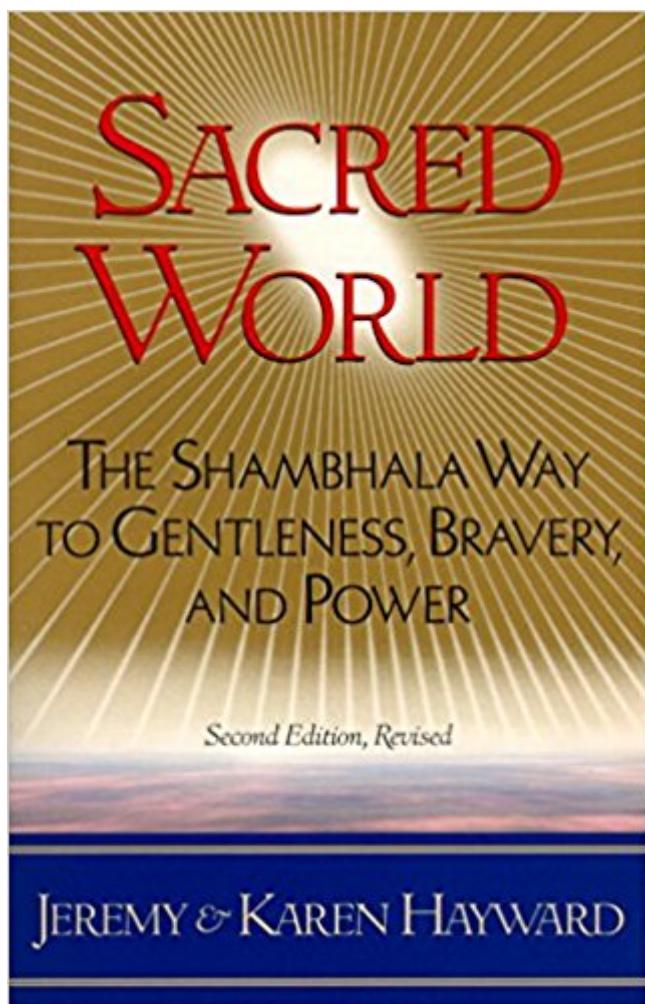


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# Sacred World: The Shambhala Way To Gentleness, Bravery, And Power



## Synopsis

This is the first book to offer step-by-step instruction in Shambhala warriorship. Combining Buddhist mindfulness practice and pre-Buddhist shamanic teachings, Shambhala warriorship training teaches ways to call on powerful, natural energies for personal and collective transformation. It shows us how to use everyday situations to unite mind, body, and emotions in a harmonious whole. The Haywards illuminate the powerful and elegant philosophy behind warriorship with practical guidelines, meditations, personal insights, anecdotes, and mindfulness exercises to guide the reader on the warrior's path, which ultimately leads to self-liberation and harmony with the world. The Haywards are uniquely qualified to present these teachings: close friends and students of Chögyam Trungpa, they helped him present the teachings of Shambhala warriorship through the Shambhala Training program, with which they continue to work closely today.

## Book Information

Paperback: 304 pages

Publisher: Shambhala; 2 edition (December 1, 1998)

Language: English

ISBN-10: 1570623619

ISBN-13: 978-1570623615

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #473,042 in Books (See Top 100 in Books) #80 in Books > Textbooks > Humanities > Religious Studies > Buddhism #513 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #959 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

## Customer Reviews

The Haywards lead retreats on the Shambhala teachings of Chogyam Trungpa, one of the pioneers of Buddhism in the West. This book is the second edition of Jeremy Hayward's *Sacred World: A Guide to Shambhala Warriorship in Daily Life* (Bantam, 1995), herein completely revised. One of the book's purposes is to show the reader how to recover perception of the heart. The Haywards take the reader on a journey through ordinary experience into the sacred world, uncovering obstacles to living in sacredness and exploring ways to work with these obstacles. Their meditations, personal insights, anecdotes, and mindfulness exercises guide the reader toward self-knowledge and

empathy. The Haywards were friends and students of Trungpa, who died in 1987. A helpful addition to collections on Western and Eastern approaches to living.?Leroy Hommerding, Citrus Cty. Lib. System, Inverness, FLCopyright 1998 Reed Business Information, Inc.

"The Haywards take the reader on a journey through ordinary experience into the sacred world, uncovering obstacles to living in sacredness and exploring ways to work with these obstacles. Their meditations, personal insights, anecdotes, and mindfulness exercises guide the reader toward self-knowledge and empathy... A helpful addition to collections on Western and Eastern approaches to living." -Library Journal"Being a warrior has nothing to do with waging war. Being a warrior means you have the courage to know who you are. Warriors never give up on anyone, including themselves."-from Sacred World

This is not a bad book, it's obviously written with the best of intentions. But having read the original by Chogyam Trungpa after reading this, I feel this doesn't succeed in its ambition to make Trungpa's original tome more accessible or practical. Unfortunately, this comes across as a considerably weaker echo, with a "survey text" quality, less outrageousness and forcefulness, and occasionally even a bit of celebrity-style gushing. I think that those who want to come to Trungpa more gently, without risking discouragement, should turn to Pema Chodron, who carries on his tradition successfully but with a much softer style that allows you to feel cheered by even the smallest progress in working with yourself. While I appreciate this book's goals, I feel you should choose other authors if you want to know more about the Shambhala path.

While reading the material, I found myself exposed to many traditions that may have taken many books or years to discover. The Shambhala tradition is well discussed and overall I enjoyed the exposure to several other ways of thinking and seeing.

I should preface my comments by pointing out that I have an extremely limited familiarity with the Shambhala warrior training tradition, so others who are more familiar with it than I may be more qualified to discuss the merits of this book. However, on the whole I did not care very much for this book and wouldn't recommend it. The authors jump around from one spiritual tradition to another which would be ok if some sort of coherent theme emerged as a result - but most of what I got was confusion. I find it strange to see Zen used as a justification for the sort of cosmology being put forth here - which, it seems to me, is extremely complex and full of spirits, dralas, shamans, etc. From a

zen perspective, it seems to me that what this book is about is "adding legs to the snake" - in other words, putting forth a confusing and unnecessary mythology. I don't deny that everyday life is sacred and mysterious - but I don't think it's anywhere near as complicated as the authors seem to think it is.

This is a great book for those who wish to explore their spirituality in a non-religious manner.

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