



Sacred World: The Shambhala Way to Gentleness, Bravery, and Power

Karen Hayward, Jeremy Hayward

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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.

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