



Shambhala: Sacred Path of the Warrior

By Chogyam Trungpa

Shambhala Publications, 1984. Soft cover. Condition: New. With this book the warrior's path is opened to contemporary men and women in search of self-mastery and greater fulfillment. Interpreting the warrior's journey in modern terms, Trungpa discusses such skills as synchronizing mind and body, overcoming habitual behaviors, relaxing within discipline, facing the world with openness and fearlessness, and finding the sacred dimension of everyday life. Above all, Trungpa shows that in discovering the basic goodness of human life, the warrior learns to radiate that goodness out into the world for the peace and sanity of others.



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