



Ground, Path and Fruition Shambhala Principles for Touching the Earth

"When human beings lose their connection to nature, to heaven and earth, they do not know how to nurture their environment or how to rule their world - which is saying the same thing. Human beings destroy their own ecology at the same time that they destroy one another. From that perspective, healing our society goes hand and hand with healing our personal, elemental connection with the phenomenal world."

Chogyam Trungpa Rinpoche Shambhala: The Sacred Path of the Warrior

Fruition

To Build Enlightened Human Society and Shambhala Vision.

"Within our lifetime there will be great problems in the world, but let us make sure that in our lifetime no disasters happen. We can prevent them. It is up to us. We can save the world from destruction, to begin with. That is why Shambhala vision exists. It is a centuries-old idea: by serving this world we can save it. But saving the world is not enough. We have to work to build an enlightened human society as well... Shambhala vision is based on living on this earth that nurtures your existence. Even though you may be living in a city in the twentieth century, you can learn to experience the sacredness, the nowness, of reality. That is the basis for creating an Enlightened Society."

To Achieve Personal Warriorship

"The Shambhala teachings are founded on the premise that there is basic human wisdom that can help to solve the world's problems. This wisdom does not belong to any one culture or religion, now does it come only from the West or East. Rather, it is a tradition of human warriorship that has existed in many cultures at many times throughout history.... The goal of warriorship is to reconnect to the nowness of reality, so that you can go forward without destroying simplicity, without destroying your connection to this earth."

To Achieve Wisdom

"The wisdom wediscover is wisdom without beginning, something naturally wise, the wisdom of cosmic mirror. ...this magical quality is called Drala.....experiencing the greatness of the world is recognizing the existence of that vast and primordial wisdom, which is reflected throughout phenomena. This wisdom is old and young at the same time, and it is never tarnished or diminished by the relative problems of the world."

Path

To Connect Heaven and Earth

"First, you must trust in yourself...you can also trust in the earth of gravity of the situation, and because of that, you can uplift yourself.... Heaven, Earth and Man: can be seen literally as the sky above, the earth below, and human beings standing or sitting between the two."

To Invoke Drala

"The basic definition of Drala is 'energy beyond aggression'. When you invoke drala, you begin to experience basic goodness reflected everywhere-in yourself, in others, and in the entire world... ... you begin to view the universe as sacred world.....You see that you can actually organize your life in such a way that you magnetize magic, or drala, to manifest brilliance and elegance in your world....The dralas are elements of reality-water of water, fire of fire, earth of earth-anything that connects you with the elemental quality of reality, anything that reminds you of the depth of perception. Dralas [are] in the rocks...trees...mountains... a snowflake or a clod of dirt. What ever is there...those are the dralas of reality. when you make that connection...you are meeting the dralas on the spot."

To Connect with the Vision of the Great Eastern Sun

"The way of the Great Eastern Sun is based on seeing that there is a natural source of radiance and brilliance in this world - which is the innate wakefulness of human beings."

Ground

Connecting to our Genuine Heart of Sadness

"You feel sore and soft, and if you open your eyes to the rest of the world, you feel tremendous sadness."

Connecting to our Fear and our Fearlessness

"We are afraid we can't handle the demands of the world. We feel that our own lives are overwhelming and confronting the rest of the world is more overwhelming....In order to experience fearlessness, it is necessary to experience fear."

To Free Ourselves from the Cocoon

"The cocoon is an enclosed familiar world in which we can hide or go to sleep...and shield ourselves from the vision of Great Eastern Sun....The way of cowardice is to embed ourselves in a cocoon...perpetuate habitual patterns. When we are constantly recreating our basic patterns of behavior and thought, we never have to leap into fresh air or onto fresh ground."

To Connect to Our Dignity and Bravery

"The human potential for intelligence and dignity is attuned to experiencing the brilliance of the bright blue sky, the freshness of green fields, and the beauty of the trees and mountains...The fundamental aspect of bravery is being without deception...The Shambhala understanding of bravery is the courage to be - to live in the world without any deception and with tremendous kindness and caring of others."

Pattantyus/Skutch **DRAFT**

DRAFT Skutch/Pattantyus

All passage have been excerpted from Shambhala: Sacred Path of the Warrior