

Shambhala Training Form: “Way of Shambhala: Lion Path”

Prepared by Ian Powell for SGS Practice and Education

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Document Purpose: The purpose of this document is to present an alternative form for the in-person delivery of Way of Shambhala curriculum to those interested in its practice and study.

Document Definitions:

- Way of Shambhala: “An extensive path of training in authentic meditation practices and wisdom teachings for anyone interested in pursuing such training.”
- Course Series: A “component” within the Way of Shambhala. Such series include:
 - The Everyday Life series (MIEL through WIEL)
 - The Shambhala Training series (Levels I – V)
 - The Basic Goodness series (BG1 through BG3)
 - The Sacred Path series (Levels GES through GK)
- Course: a distinct unit of curriculum within a series, for example:
 - Everyday Life series, course 4: “Fearlessness in Everyday Life”
 - Shambhala Training series, course 3: “Level III: Warrior in the World”
 - Basic Goodness series, course 1: “Who Am I? The Basic Goodness of Being Human”
 - Sacred Path series, course 2: “Windhorse”
- “Path of Ashe”: an alternative form for offering Way of Shambhala curriculum that is self-directed, student warrior-centric path of practice and study via self-paced, low-cost online delivery.
- “Tiger Path”: the general, historically-offered format for Way of Shambhala course content and transmission delivery, ie. in-person, community-or-land center based, authorized educator-led training.
- “Lion Path”: Authorized educator-led Way of Shambhala course offering that includes a significant community service component as part of the course offering.
- “Garuda Path”: Authorized educator-led Way of Shambhala course offering that takes whatever format the educator is inspired to present, as long as “Path of Ashe” requirements for accomplishment are met, as vouched-for by authorized educator.
- “Dragon Path”: A way of regarding unauthorized release of Way of Shambhala educational material. Material released in this way is regarded as having inherently beneficial effects regardless of intentions and impacts of such unauthorized use.
- SGS: Shambhala Global Services; the central administrative body of the Shambhala global mandala
- SDB: Shambhala Database; the central data repository for Shambhala members and participants, maintained by SGS

Form Overview: The “Way of Shambhala: Lion Path” (or “Lion Path”) is a form for authorized educator-led Way of Shambhala course offerings that includes a significant community service component as part of the course offering.

Form Purpose: The purpose of this form is to:

- Introduce a meditation-in-action, **community service aspect** to “Tiger Path” course offerings.
- Demonstrate for course participants how a Shambhala educator interacts **under the direction of community service supervision.**
- Create **mutually-beneficial presence-awareness of Shambhala** to the wider secular community

- Place a dot of **virtuous habituation for community service** in the minds of the course participants
- Give course participants a **shared set of beneficial, real-world experiences** with which to explore course material together.

Form Application:

- An authorized educator (ie. authorized through past trainings in the Shambhala mandala, through SGS, or through mentorship with a vouching acharya, shastri, etc.) would decide to present a “Lion Form” Way of Shambhala course and communicate their intention to the course coordinator or course-local community service liaison with reasonable time allowed for the coordinator / liaison to prepare community service options for the educator to choose from.
 - *Note: In some cases, course-presenting educator may have to act as course-local community service liaison and discover options for community service work.*
- The coordinator / liaison presents community service options to the educator and the educator selects one with ample time allowed for the coordinator / liaison to schedule time with community service coordinator.
- Once the community service coordinator confirms community service time for the course participants, course coordinator / liaison relays confirmation to course teacher
- Format of the course takes place much like a “Tiger Path” course with the exception that **morning coffee / tea, morning exercises, and morning meditation instruction all take place onsite in a small, uplifted space** (e.g. with banners at the community service location, before the community service session.
 - Non-course participants are permitted to listen in to meditation instruction as they like, but will not receive course credit as a participant unless they take the level.
- After morning session, course participants may have ‘lunch out’ at an agreed-upon location and continue the afternoon at their local Shambhala center in the “Tiger Path” format.

Community Service Ideas Include:

- Local “soup kitchen”
- Local food bank
- Local homeless shelter
- Neighborhood cleanup
- Local CSA
- Farmer’s market
- Volunteering otherwise

Ideas to Exclude:

- Political Activity
- Solitary Activity
- Commercial Activity

Questions and Comments:

- Could you provide an example or some examples of how one practices / studies / walks the “Dragon Path”?
 - A first class of use cases is for self-identified Shambhala critics, “whistle-blowers”, or disinterested academics who get access to such material via, for example, an anonymous online repository. In studying the material, these folks are now on the “Dragon Path” and their derivative work is imbued with the blessings of the Shambhala lineage through the Way of Shambhala.

- Another example is if a spiritually-interested person discovers Way of Shambhala material via, for example, an anonymous online repository. In studying the material, this person may become inspired by the vision of Shambhala and interested in continuing their path through seeking additional material and training. So, the “Dragon Path” is their entry point to the fuller access to the Way of Shambhala.
- A third example is if an unknown person discovers Way of Shambhala material via, for example, an anonymous online repository. In studying the material, this person may become inspired by the vision of Shambhala yet somehow prevented from connecting with Shambhala community or organization. However, they are on the “Dragon Path” and so the blessings of the lineage and the Rigdens are accessible to them regardless of how they discovered the path or how they must proceed. E MA HO, it is wondrous!