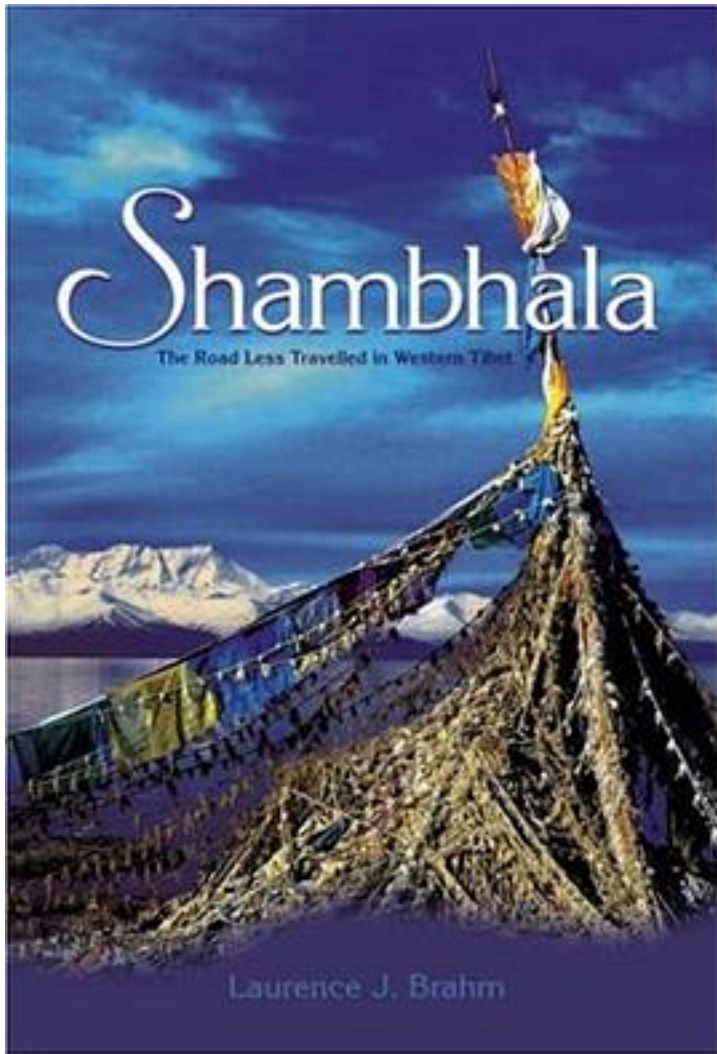


Shambhala



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著者:Trungpa, Chogyam

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In this best-selling guide to enlightened living, Chögyam Trungpa offers an inspiring vision for our time, modeled on the universal archetypal symbol of the peaceful warrior. In ancient times, the warrior learned to master the challenges of life, both on and off the battlefield. He acquired a sense of courage and power—not through violence or aggression, but through gentleness, courage, and self-knowledge. 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 contemporary terms, 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. The Shambhala teachings—named for the legendary Himalayan Kingdom where prosperity and happiness reign—point to the potential for enlightened conduct that exists within every human being.

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