

## Theological Basics of Shambhala Buddhism

Shambhala originates from a lineage of Tibetan Buddhism that combines Indian Buddhism and Bon Tibetan indigenous practice. Lineage creator, Chogyam Trungpa Rinpoche, brought Shambhala to the West intentionally. He did this upon fleeing Tibet after the invasion by the Chinese. His son, Sakyong Mipam Rinpoche is the current lineage holder.



Chogyam Trungpa Rinpoche  
and  
Sakyong Mipam Rinpoche with his  
daughters

**Basic Goodness:** Fundamentally all beings have inherent wisdom that is accessible to them at all times. To not be present and to not see one's own basic goodness prevents beings from being their true selves in the world and causes them to be unable to access the humanity of other people and the value of other beings and the planet. The Great Eastern Sun represents basic goodness.

**Warriorship:** Training for Shambhalian is in the path of warriorship in the world. Warriorship is about the elimination of aggression and the cultivation of bravery. Meditation and study of the dharma are the primary tools. Ultimate bravery is being unafraid of who you are. This allows us to face the world's great problems awake and with kindness and heroism at the same time.

As one practices, one will see the manifestations of the Dignities and Great Eastern Sun both on the cushion and off. Dignities: **Tiger** embodies careful discernment, meekness, and appreciation. \* **Snow Lion** embodies perkiness and joy. \* **Garuda** embodies outrageousness and freedom. \* **Dragon** embodies wisdom and inscrutability. Images of Great Eastern Sun and the Dignities are present all Shambhala Centers. The practice of Shambhala Buddhism has been referred to as "Crazy Wisdom"



Left: The banner  
representing  
Great Eastern  
Sun  
Right: The  
Sakyong's flag:  
top left to right:  
Garuda and  
Dragon, bottom  
left to right:  
snow lion and  
tiger