

# Contentment in Everyday Life

## Suggested Readings

The main reference books are:

- *Shambhala: The Sacred Path of the Warrior*, by Chögyam Trungpa
- *Turning the Mind into an Ally*, by Sakyong Mipham
- *The Truth of Suffering and the Path of Liberation*, by Chögyam Trungpa
- *The Sanity We Are Born With: A Buddhist Approach to Psychology*, by Chögyam Trungpa
- *Ruling Your World: Ancient Strategies for Modern Life*, by Sakyong Mipham

A good single reference is *Ruling Your World*, Part II: “The Path of the Tiger”

### **Class One: Introducing Contentment**

- No readings

### **Class Two: Contemplating Contentment**

- *Shambhala: The Sacred Path of the Warrior*, Chapter 2: “Discovering Basic Goodness,” Chapter 3: “The Genuine Heart of Sadness” and Chapter 7: “The Cocoon”
- ADDITIONAL READING: *Turning the Mind into an Ally*, Chapter 12: “Turning the Mind” and Chapter 13: “The Joy of Being Human”

### **Class Three: Suffering and the Four Noble Truths**

- *Turning the Mind into an Ally*, Chapter 2: “Bewilderment and Suffering”
- *The Truth of Suffering and the Path of Liberation*, Introduction and Chapter 1: “Recognizing the Reality of Suffering”
- ADDITIONAL READING: *Cutting Through Spiritual Materialism*, by Chögyam Trungpa, “The Four Noble Truths”; and *The Wisdom of No Escape*, by Pema Chödrön, Chapter 9: “Weather and the Four Noble Truths”

### **Class Four: Working with Emotions and Buddhist Psychology**

- *The Sanity We Are Born With*, Prelude: “The Meeting of Buddhist and Western Psychology” and Chapter 4: “An Approach to Meditation: A Talk to Psychologists”
- ADDITIONAL READING: *The Myth of Freedom and the Way of Meditation*, by Chögyam Trungpa, “The Dualistic Barrier”

### **Class Five: The Confidence of Contentment**

- *Ruling Your World*, Part II: “The Path of the Tiger”—especially Chapter 9: “The Confidence of Contentment”