

# Wisdom in Everyday Life

## Suggested Readings

The main reference books are:

- *Shambhala: The Sacred Path of the Warrior*, by Chögyam Trungpa
- *Ruling Your World: Ancient Strategies for Modern Life*, by Sakyong Mipham
- *True Perception: The Path of Dharma Art*, by Chögyam Trungpa

### **Class One: Dragon Playing in Space**

- *Shambhala: The Sacred Path of the Warrior*, Chapter 20: “Authentic Presence”
- *Ruling Your World: Ancient Strategies for Modern Life*, Part V: “The Path of the Dragon” and Chapter 21: “Ruling from the Ground Up”

### **Class Two: Trust and Uncertainty**

- *Shambhala: The Sacred Path of the Warrior*, Chapter 10: “Letting Go” and Chapter 20: “Authentic Presence”

### **Class Three: Innate Nature**

- *The Heart of the Buddha*, by Chögyam Trungpa, Chapter 1: “What Is the Heart of the Buddha?”
- *Journey Without Goal: The Tantric Wisdom of the Buddha*, by Chögyam Trungpa, “Vajra Nature”

### **Class Four: Discovering Magic**

- *Shambhala: The Sacred Path of the Warrior*, Chapter 12: “Discovering Magic”
- ADDITIONAL READING: *Shambhala: The Sacred Path of the Warrior*, Chapter 13: “How to Invoke Magic”

### **Class Five: Sacred World**

- *Shambhala: The Sacred Path of the Warrior*, Chapter 16: “Sacred World”
- *True Perception: The Path of Dharma Art*, by Chögyam Trungpa, Editor's Introduction and “Great Eastern Sun”
- ADDITIONAL READING (FOR ARTISTS): *True Perception*, “Joining Heaven and Earth”