# Way of Shambhala at a Glance

## THE EVERYDAY LIFE SERIES
Five Five-Class Courses

- **Meditation in Everyday Life (MIEL)**  
  Open to all
- **Contentment in Everyday Life (CIEL)**  
  Open to all
- **Joy in Everyday Life (JIEL)**  
  Open to all (recommended preparation: CIEL)
- **Fearlessness in Everyday Life (FIEL)**  
  Prerequisite: JIEL
- **Wisdom in Everyday Life (WIEL)**  
  Prerequisite: FIEL

## THE SHAMBHALA TRAINING SERIES
Five Weekend Retreats

- **Shambhala Training Level I (ST1)**  
  Open to all
- **Shambhala Training Level II (ST2)**  
  Prerequisite: ST1
- **Shambhala Training Level III (ST3)**  
  Prerequisite: ST2
- **Shambhala Training Level IV (ST4)**  
  Prerequisite: ST3
- **Shambhala Training Level V (ST5)**  
  Prerequisite: ST4

## RIGDEN: UNCONDITIONAL CONFIDENCE
Weekend Retreat  
Prerequisites: WIEL and ST5

## THE BASIC GOODNESS SERIES
Three Six-Class Courses

- **Who Am I? The Basic Goodness of Being Human (BG1)**  
  Open to all (recommended preparation: MIEL or ST1)
- **How Can I Help? The Basic Goodness of Society (BG2)**  
  Open to all (strongly recommended preparation: BG1; and MIEL, or CIEL, or ST1)
- **What Is Real? The Basic Goodness of Reality (BG3)**  
  Open to all (strongly recommended preparation: BG1, BG2, and at least ST1)

## THE SACRED PATH SERIES
Six Weekend Retreats

- **Great Eastern Sun**  
  Prerequisites: WIEL and ST5 (strongly recommended additional preparation: Rigden and BG series)
- **Windhorse**  
  Prerequisite: Great Eastern Sun
- **Drala**  
  Prerequisite: Windhorse
- **Meek and Perky**  
  Prerequisite: Drala
- **Outrageous and Inscrutable**  
  Prerequisite: Meek and Perky
- **Golden Key**  
  Prerequisite: Outrageous and Inscrutable

## ADVANCED ASSEMBLIES
- **Enlightened Society Assembly (ESA)**  
  Prerequisites include: WIEL, ST5, Rigden, and weekthun (recommended additional preparation: BG series)
- **Warrior Assembly (WA)**  
  Prerequisites include: ESA, Sacred Path series, and 2nd weekthun
- **Sacred World Assembly**  
  Prerequisites include: WA, refuge & bodhisattva vows, 3- to 5-day solitary meditation retreat, and 3rd & 4th weekhuns

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For the most current and complete information, please visit: shambhala.org

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