

Mindful Warrior Project

Shambhala: The Sacred Path of the Warrior

Welcome to Mindful Hawaii's book study group. Together we will explore Chogyam Trungpa Rinpoche's non-secular approach to mindfulness in *Shambhala: The Sacred Path of the Warrior*.

This event was made possible through the generosity of [Wisdom Seat](#), a group of Rinpoche's senior teachers who presented this teaching a year ago. They have graciously provided recordings of their program so we can share this training with you.

Mindful Hawaii is offering this class free of charge, however [donations to Wisdom Seat](#) are greatly appreciated.

This study group is the launch of Mindful Hawaii's Mindful Warrior Project. It is one of several entry points for us to voyage together in a vision of expanding a culture of mindfulness across Hawaii. We are delighted to welcome you onboard!

Here's what you need to know:

MEETINGS

First Wednesday of each month from 6:30 to 8:30 pm, from October 6th 2021 to June 1st 2022.

We will start each meeting with a sitting meditation, then view recordings from Wisdom Seat, and participate in small and large group discussion.

<u>Meeting Dates</u>	<u>Topics</u>	<u>Readings</u>
October 6, 2021	The Vision of Shambhala	Ch 1, 2, 3
November 3, 2021	Fear and Fearlessness	Ch 4, 7
December 1, 2021	The Dawn of the Great Eastern Sun	Ch 6, 8
January 5, 2022	Celebrating the Journey	Ch 9, 10
February 2, 2022	Nowness	Ch 11
March 2, 2022	Discovering Magic	Ch 12, 13, 14, 15
April 5, 2022	Sacred World	Ch 16
May 4, 2022	Natural Hierarchy	Ch 17, 18
June 1, 2022	Authentic Presence	Ch 19, 20, 21

You will receive monthly reminders with your link to the meeting and the reading recommendation. You can access more information here: [Mindful Hawaii Mindful Warrior Project](#).

Please join us by completing the following [interest survey](#).

Looking forward to seeing you there!