



S H A M B H A L A

Shambhala Training Assistant Director's Vow

The dralas of Shambhala, the ancient lineage of warriors, the ancestral sovereigns, omniscient holders of the mother and father lineages, guide me, inspire me.

Following the command of Sakyong Mipham Jampal Trinley Dradül Rinpoche, *I (Shambhala name, given name)* as a Shambhala Training Assistant Director, pledge myself to follow the command of the Sakyong in arousing the sanity of our community.

I vow to maintain my own discipline in the sitting practice of meditation and to cultivate mindfulness and awareness in my daily life.

I further vow to train my mind in the vast and profound practices of the sacred path of the warrior and thereby to educate and inspire the members of the community to become mature and responsible participants in the vision and work of Shambhala.

I vow not to project my personal neurosis into the minds of students. I shall seek guidance if my own state of mind should produce doubtful effects on students.

I promise to work with my fellow Assistant Directors in ensuring genuine and accurate communication throughout the community. At the same time, I promise to respect the confidentiality of the affairs of my meditation students as well as of Shambhala Training that shall be confided to me during the performance of my role.

I pledge not to misrepresent or distort the teachings of Shambhala Training and not to encourage factions or divisions which misinterpret the teachings and promote setting sun outlook. I further pledge to remain a member in good standing of my Shambhala community.

On the whole, I commit myself to be genuine and good and extraordinarily sane in relating with myself and my fellow Shambhala Training warriors. If I violate these pledges, I request that I may be removed from my role as Practice Instructor, while remaining as a practitioner and student, and that I may, when it shall be appropriate, apply for reinstatement as an instructor.

In taking this oath, I reaffirm my Shambhala vow and my loyal devotion to the ancient warrior lineage of Shambhala.