



S H A M B H A L A

Meditation Instructor Vow

The three jewels, the three roots, the assembly of werma and drala, the Mother and Father Lineages, guide me, inspire me. Following the command of the Sakyong, Jamgön Mipham Rinpoche, I, (refuge name, given name), as a meditation instructor, pledge to follow the command of the lineage in arousing the sanity of the sangha.

In keeping with the discipline of the hinayana, the vast and profound way of the mahayana, the commitments of the indestructible vajrayana, and the inspiration of the sacred path of the warrior, I will devote myself wholeheartedly to the service of the courageous blessing lineage of Shambhala. I aspire to educate and inspire the members of the mandala to become mature and responsible participants in the vision and work of Shambhala.

I vow to maintain my personal discipline in the practice of meditation and to cultivate mindfulness and awareness in daily life. I promise to refresh and deepen my understanding of the themes, techniques and teachings of meditation practice.

I vow to teach my students the techniques and practice of meditation to the best of my ability, to be a guide on their meditation journey, to be available when they have questions, to be inspirational and encouraging when needed – knowing that the practice of meditation is a source of happiness, freedom and sanity.

I will respect the formality and integrity of the role a meditation instructor plays in the life of our community. I will be guided at all times by the advice provided to meditation instructors by the governing bodies of the mandala and will preserve the decorum of this precious role so as to guide, encourage, and protect others. I understand that I may be required to surrender my post and leave any program where I have not respected this solemn duty.

I pledge faithfully to present the Shambhala Buddhist teachings and to encourage harmony within our community. I promise to work with the other meditation instructors in ensuring genuine and accurate communication throughout the mandala. At the same time, I promise to respect the confidentiality of personal information that shall be confided to me during the performance of my role.

I commit myself to be genuine and sane in relating with myself and my fellow practitioners in the Shambhala mandala. If I violate these pledges, I request that I may be removed from my role of meditation 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 refuge, bodhisattva, and Shambhala vows and my loyal devotion to the succession of sakyongs, to the golden dharma of Shambhala and to the Kagyü, Nyingma, and Shambhala lineages.