



S H A M B H A L A

Shambhala Guide Vow

May the three jewels, the dralas of Shambhala, and the ancient lineages of male and female warriors guide me and inspire me.

I, (*refuge name, given name*), as a Shambhala Guide, aspire to arouse the sanity of human society and of the Shambhala community in particular, in accordance with the guidance and instructions of Sakyong Mipham Rinpoche.

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

Further, I will train my mind in the vast and profound way of the Shambhala Buddhist warrior, and, as a Shambhala Guide, I will dedicate myself to the well-being and training of those who aspire to begin the practice of meditation and enter into the glorious mandala of Shambhala.

I promise to work under the guidance of senior students, and with my fellow Shambhala Guides, in ensuring genuine and accurate communication throughout the community. At the same time, I promise to respect the confidentiality of all that might be confided to me during the performance of my role as a Shambhala Guide.

I pledge to faithfully represent the teachings of Shambhala Buddhism and to encourage harmony within the sangha.

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

In making this vow, I express my loyalty and dedication to the glorious lineage of Shambhala Buddhism.

May I be genuine, gentle and fearless.
May I be of benefit to others.

May all beings enjoy profound, brilliant glory!