

## Shambhala Slogans

At the 1982 Vajradhātu Seminary, Lady Lila Rich requested the Vidyādhara to compose something that might complement the curriculum for Shambhala Training—something that might be useful in postmeditation or meditation in action. He then composed slogans in Tibetan to go with each of the first four levels of Shambhala Training—creating a set of three slogans for each level. That night, a rough translation of each was arrived at, perhaps before the Vidyādhara proceeded to the next slogan. They were all composed in that one sitting.

Soon after, Lama Ugyen Shenpen wrote them out for us in the more familiar u-chen script, and Robin Kornman, Mark Nowakowski, and Scott Wellenbach, in consultation with Lama Ugyen, came up with a more literal rendering. Upon meeting with the Vidyādhara, the current translation was completed in one session. We were trying to capture the pith of each line, as these are slogans. It was thought at the time that people might memorize or use them in some way with the levels. This recollection may suffer from some aging, but the slogans themselves remain heartily intact. Since they have never been formally published or incorporated in the Shambhala Training curriculum, we thought we might share them with you, in the spirit of taking “delight in others” and “propagating dignity.”

## Shambhala Slogans

Goodness is the ground of all.  
To overcome uncertainty is utterly good.  
Goodness dawns like the sun.

The warrior delights in heedfulness.  
When doubt arises, contemplate warriorship.  
Celebrate the feast of faith and joy.

Daring to let go, the warrior is great in friendliness.  
The humble warrior is supreme.  
The ultimate warrior protects the world.

Take delight in others and propagate dignity.  
Always think only of the good of others.  
Rest with gentle patience and strength.

*Composed at the 1982 Vajradhatu Seminary, Bedford Springs, Pennsylvania, by Vidyādhara the Venerable Chögyam Trungpa Rinpoche. These are meant to be related to the levels of Shambhala Training.*

*Translated by the Nālandā Translation Committee.*

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