



Ruling Your World: Ancient Strategies for Modern Life

By Sakyong Mipham

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"We often feel overwhelmed by the world. But it is possible," says Sakyong Mipham, "to rule our world and direct our lives in a positive way." In this recorded workshop, the Sakyong presents the most powerful ideas from his book *Ruling Your World*. He reveals the spiritual practices of ancient Tibetan Buddhist rulers, and with freshness and wit he makes these teachings relevant to our daily lives as he explains how to:

- live life with confidence and composure
-
- become happier through putting others first
-
- recognize the basic goodness we all possess

This audio program also includes guided meditation sessions. Join Sakyong Mipham as he teaches us how to meditate to develop mindfulness, compassion, and wisdom.

3 CDs; 2 1/2 hours.

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Editorial Review

Review

"Sakyong Mipham offers an inspirational vision—as well as practical guidelines—for enriching our individual lives in a way that benefits others as well."—Ken Wilber

From the Inside Flap

For the first time ever, revered spiritual leader Sakyong Mipham brings the lessons of the ancient Shambhala warriors and rulers to the Western world and shows us how to live our lives with confidence.

"Most of us are living in a haze--sometimes helping others, sometimes helping ourselves, sometimes happy, sometimes sad. We don't feel in control of our own lives. The ancient teachings of Shambhala rulership show us that we all have the ability to rule our own world and live with confidence. To do this, we need to use our daily lives to be strong, as opposed to aggressive, and to act with wisdom and compassion. This may sound difficult, but when we begin to mix this ancient wisdom of rulership into our everyday life, we have both spiritual and worldly success. We don't need to abandon our life and become an ascetic or a monk in order to gain confidence and achieve this success. We can live in the world as a ruler no matter what we are doing.
--from *Ruling Your World*"

You're stuck in the airport security line, late for a flight. The line isn't moving. You're angry at the security personnel for taking so long, you're irritated at the other passengers for having so much stuff, you're mad at your boss for sending you on this trip in the first place. By the time you get to your gate you're angry, deflated, and exhausted. Then someone cuts in front of you in the line to board and you snap. "There's a line, you know!" Is that really you, standing in an airport, yelling at a stranger, emotions raging?

It happens to most of us more than we'd like to admit. In an instant, our lives seem out of control and overwhelming. It's always something, isn't it? But what if you could approach every part of your life--from the smallest decisions to life's biggest setbacks--with total confidence, clarity, and control?

According to Sakyong Mipham, we all have that power. The secret is simple: If you just stop thinking about yourself all the time, happiness and confidence will come naturally. It sounds absurd and, what's more, impossible. But in "Ruling Your World," Sakyong Mipham shares ancient secrets on how to take control of our lives and be successful while cultivating compassion for others and confidence in our own intelligence and goodness. The key to this well-being lies in the ancient strategies of the warrior kings and queens of Shambhala.

The kingdom of Shambhala was an enlightened kingdom of benevolent kings and queens and fiercely trained warriors. No one knows for sure whether this kingdom was real or mythical, but there are ancient guidebooks to this land and practical instructions for creating a Shambhala in your own world, bringing peace, purpose, and perspective into your life and environment.

Sakyong Mipham, the descendant of a warrior king, has inherited these teachings and gives us the lessons and myths of the great rulers and warriors of Shambhala. He makes these teachings relevant to our twenty-first-century lives in a fresh and witty voice and helps us all to realize our potential for power and control in a seemingly uncontrollable world.

About the Author

Sakyong Mipham is the leader of the Shambhala Buddhist lineage and is spiritual director of Shambhala International, a network of meditation and retreat centers. He writes a regular column in the *Shambhala Sun*, he is the author of the best-selling *Turning the Mind into an Ally*, and he regularly offers retreats and

workshops throughout the world. Sakyong Mipham is the eldest son of Chögyam Trungpa, who was instrumental in bringing Tibetan Buddhism to the West. He is also an avid marathon runner and golfer, and he has been named one of the thirty global visionaries of our time by *Planet* magazine.

Users Review

From reader reviews:

James Bass:

Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled *Ruling Your World: Ancient Strategies for Modern Life*. Try to make the book *Ruling Your World: Ancient Strategies for Modern Life* as your close friend. It means that it can for being your friend when you feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortuned to suit your needs. The book makes you considerably more confidence because you can know every thing by the book. So , we need to make new experience along with knowledge with this book.

Guadalupe Baxter:

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled *Ruling Your World: Ancient Strategies for Modern Life* can be very good book to read. May be it can be best activity to you.

Jacqueline Thompson:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled *Ruling Your World: Ancient Strategies for Modern Life* your thoughts will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every word written in a e-book then become one web form conclusion and explanation this maybe you never get ahead of. The *Ruling Your World: Ancient Strategies for Modern Life* giving you yet another experience more than blown away your head but also giving you useful details for your better life in this era. So now let us demonstrate the relaxing pattern this is your body and mind will likely be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary paying spare time activity?

Royce Woods:

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and book as to be the point. Book is important thing to provide you knowledge, except your own teacher or lecturer. You will find good news or update regarding something by book. Amount types of books that can you decide to try be your object. One of them is this Ruling Your World: Ancient Strategies for Modern Life.

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