

Shambala warrior mind training verses

Firmly establish your intention
to live your life for the healing of the world.
Be conscious of it,
honour it,
nurture it every day.

Be fully present in our time.
Find the courage to breathe in
the suffering of the world.
Allow peace and healing to breathe out
through you in return.

Do not meet power on its own terms.
See through to its real nature
- mind and heart made.
Lead your response from there.

Simplify.
Clear away the dead wood in your life.
Look for the heartwood
and give it the first call on your time,
the best of your energy.

Put down the leaden burden
of saving the world alone.
Join with others of like mind.
Align yourself with the forces of resolution.

Hold in a single vision,
in the same thought,
the transformation of yourself
and the transformation of the world.

Live your life around that edge,
always keeping it in sight.

As a bird flies on two wings,
balance outer activity
with inner sustenance.

Follow your heart, realise your gifts.
Cultivate them with diligence
to offer knowledge and skill to the world.

Train in non-violence
of body, speech and mind.
With great patience to yourself,
learn to make beautiful
each action, word and thought.

In the crucible to meditation,
bring forth day by day
into your own heart,
the treasury of compassion,
wisdom and courage
for which the world longs.

Sit with hatred
until you feel the fear beneath it.
Sit with fear until you feel
the compassion beneath that.
Do not set your heart on particular results.
Enjoy positive action for its own sake
and rest confident that it will bear fruit.

When you see violence,
greed and narrow-mindedness
in the fullness of its power,
walk straight into the heart of it,
remaining open to the sky
and in touch with the Earth.

Staying open,
staying grounded,
remember that you are the inheritor
of the strengths
of thousands of generations of life.

Staying open,
staying grounded,
recall that the thankful prayers
of future generations
are silently with you.

Staying open,
staying grounded,
be confident in the magic
and power that arise
when people come together
in a great cause.

Staying open,
staying grounded,
know that the deep forces of Nature
will emerge to the aid of those
who defend the Earth.

Staying open,
staying grounded,
have faith that the higher forces
of wisdom and compassion
will manifest through our actions
for the healing of the world.

When you see weapons of hate,
disarm them with love.

When you see armies of greed,
meet them in the spirit of sharing.

When you see fortresses
of narrow-mindedness,
breach them with truth.

When you find yourself enshrouded
in dark clouds of dread,
dispel them with fearlessness.

When forces of power
seek to isolate us from each other
reach out with joy.

In it all, through it all,
holding to your intention,
let go into the music of life.
Dance!

