



# Great Eastern Sun: The Wisdom of Shambhala (Shambhala Dragon Editions)

*Chogyam Trungpa*

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In *Shambhala: The Sacred Path of the Warrior* Chögyam Trungpa offers an inspiring and practical guide to enlightened living based on the Shambhala journey of warriorship, a secular path taught internationally through the Shambhala Training program.

*Great Eastern Sun: The Wisdom of Shambhala* is a continuation of that path. *Shambhala* was an exploration of human goodness and its potential to create an enlightened society—a state that the author calls "nowness." And in that spirit of nowness, *Great Eastern Sun*—which is accessible to meditators and nonmeditators alike—centers on the question, "Since we're here, how are we going to live from now on?"

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