

# The Way of Shambhala at a Glance

## THE EVERYDAY LIFE SERIES

Five Five-Class Courses

**Meditation in Everyday Life (MIEL)**  
Open to all

**Contentment in Everyday Life (CIEL)**  
Open to all

**Joy in Everyday Life (JIEL)**  
Open to all (recommended preparation: CIEL)

**Fearlessness in Everyday Life (FIEL)**  
Prerequisite: JIEL

**Wisdom in Everyday Life (WIEL)**  
Prerequisite: FIEL

## THE SHAMBHALA TRAINING SERIES

Five Weekend Retreats

**Shambhala Training Level I (ST1)**  
Open to all

**Shambhala Training Level II (ST2)**  
Prerequisite: ST1

**Shambhala Training Level III (ST3)**  
Prerequisite: ST2

**Shambhala Training Level IV (ST4)**  
Prerequisite: ST3

**Shambhala Training Level V (ST5)**  
Prerequisite: ST4

## RIGDEN: UNCONDITIONAL CONFIDENCE

Weekend Retreat

Prerequisites: WIEL and ST5

## THE BASIC GOODNESS SERIES

Three Six-Class Courses

**Who Am I? The Basic Goodness of Being Human (BG1)** | Open to all (recommended preparation: MIEL or ST1)

**How Can I Help? The Basic Goodness of Society (BG2)** | Open to all (strongly recommended preparation: BG1; and MIEL, or CIEL, or ST1)

**What Is Real? The Basic Goodness of Reality (BG3)** | Open to all (strongly recommended preparation: BG1, BG2, and at least ST1)

## THE SACRED PATH SERIES

Six Weekend Retreats

**Great Eastern Sun**  
Prerequisites: WIEL and ST5 (strongly recommended additional preparation: Rigden and BG series)

**Windhorse**  
Prerequisite: Great Eastern Sun

**Drala**  
Prerequisite: Windhorse

**Meek and Perky**  
Prerequisite: Drala

**Outrageous and Inscrutable**  
Prerequisite: Meek and Perky

**Golden Key**  
Prerequisite: Outrageous and Inscrutable

## ADVANCED ASSEMBLIES

- **Enlightened Society Assembly (ESA)**  
Prerequisites include: WIEL, ST5, Rigden, and weekthun (recommended additional preparation: BG series)
- **Warrior Assembly (WA)** | Prerequisites include: ESA, Sacred Path series, and 2<sup>nd</sup> weekthun
- **Sacred World Assembly** | Prerequisites include: WA, refuge & bodhisattva vows, 3- to 5-day solitary meditation retreat, and 3<sup>rd</sup> & 4<sup>th</sup> weekthuns

For the most current and complete information, please visit:

**shambhala.org**