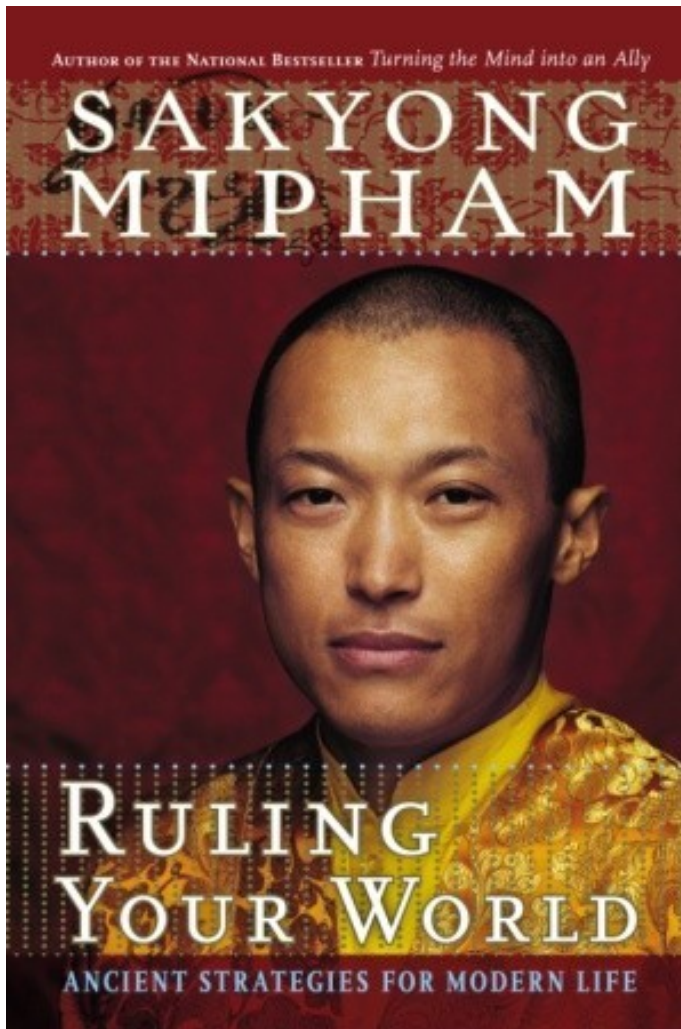


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## Sakyong Mipham

### Ruling Your World: Ancient Strategies For Modern Life



Title: Ruling Your World: Ancient Strategies For Modern Life

Author: Sakyong Mipham

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## Description

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

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realize our potential for power and control in a seemingly uncontrollable world.

## Insightful reviews

Marya: Currently reading. I am trying to read it slowly to really soak in/take in/understand/retain. The Sakyong's writing is direct... maybe too direct for non-Buddhists? Unsure. But I love the book and plan on re-reading as soon as I finish.

Clark Chamberlain: This is a life changing book!

I have read Ruling Your World four times now and each time I go back I see new insights. You don't need to be Buddhist in order to read this book and gain your own insights that can be put into your own life. My life, especially in the military, has always been in a constant state of change; probably just like yours. Those changes can bring a lot of stress and pain, this book has helped me find ways to accept change and find more peace in my day to day life.

Cherie: A- This book is really great for Buddhists and spiritual beings living in a hectic world. It reminded me (to a degree) of City Dharma. He focuses on training your mind to be more open and compassionate. It was really intriguing. He's brilliant, and I find him more accessible than his father, Trungpa.

Ian: The follow-up to Turning the brain Into and Ally, this ebook begins studying a bit extra like a self-help booklet than it really is predecessor, yet ultimately built right into a extra attention-grabbing learn as soon as the point of interest shifted to conventional Tibetan Buddhist teachings.

Katie Johnston: i love to reread this each few years to get a correct point of view on my life. Very beneficial for peace of brain and body.

Sondra Willhite: Sakyong Mipham's publication "How to make your brain your ally" used to be my first formal advent to Buddhist philosophy, and that i was once hooked. The metaphors during this publication despite the fact that simply do not jive with me. possibly it truly is company of "ruling". simply turns out too business-school, too who-ate-my-cheese, too what-color-is-your-parachute, for me. possibly i am simply the incorrect audience. A b-school grad budding Buddhist may well take pleasure in it.

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