

Giving your day to Shambhala

Morning contemplation

Some time before leaving for work or beginning your daily activity, take a few moments to sit and contemplate how you will bring the Shambhala teachings into your activity on this day.

"...Basic goodness can begin to affect our homes, workplaces, hospitals, and schools, extending all the way to our economic and political systems.

-The Shambhala Principle, Sakyong Mipham Rinpoche

1. Begin with practice.
2. Choose one or more of the following contemplations or another aspiration of your choice to consider in your activity today. In contemplating, you may bring to mind specific activities in your day, certain people who you will work with, or challenges you may encounter.

"In Shambhala, we do not consider work something we are forced to do; rather, it is the demonstration of good lungta—using our mind and body to benefit others and ourselves."
(Sakyong Mipham Rinpoche)

"On the whole, working with others is based on relationships. It's not so much a matter of producing useful work all the time as it is a matter of communicating." (Chogyam Trungpa, *Work, Sex and Money*)

"When we truly work, we are doubtless. We are so thoroughly engaged with what we are doing it doesn't feel as though we are working."
(Sakyong Mipham Rinpoche)

"The reality is that we can't handle our anger, can't develop our patience, and we can't cultivate our wisdom without working with others." (Sakyong Mipham Rinpoche)

“Each person has his own characteristics and his own way of handling his style, which is beautiful and inspiring in its own way. It doesn’t have to be your style alone that inspires you; any style of being can be inspiring. If you are involved with a community, appreciating other people’s styles could lead to a very beautiful sangha sort of feeling, a feeling of group connectedness.” (Chogyam Trungpa, *Work, Sex and Money*)

3. Conclude with the following aspiration:

May my activity today bring benefit to _____! (you may be specific)

May my activity today increase Shambhala’s ability to reach others!

May my activity today reveal the basic goodness of individuals and society within my sphere of activity!

4. Go about your work or activity, keeping your aspiration or contemplation in mind.

Evening Contemplation.

1. Practice briefly.

2. Work is endless. Take a few moments to reflect on your day and absorb what you have done to benefit yourself and others. What happened today?

3. Conclude with the following aspiration:

May my ability to bring benefit increase!

May Shambhala’s ability to reach others increase!

May our ability to reveal the basic goodness of individuals and society increase!

4. Celebrate with friends who have similarly given a day to Shambhala. (today or another day)