

The Six Ways of Ruling

*An introductory series
for leaders and members of Shambhala
with talks by President Richard Reoch*

How to use this series

This series is based on a presentation of The Six Ways of Ruling by the President of Shambhala, Richard Reoch. The series is designed to enable Shambhala Centres or groups to study these unique teachings. The material can be used by centres or groups – or individual members – in a number of ways.

Who can have access to this material and participate in these sessions?

Because this material is based on some knowledge of Shambhala and experience of meditation, it is strongly recommended that this be shared with members of Shambhala. If others wish to participate, that can be accommodated – as long as a member of Shambhala can be their “buddy” during the process to answer any questions they may have and be a support to them as they receive and process these teachings.

Who can lead these sessions?

The outline for each session (which you will receive once you register your centre or group) is based on having a leader for the group. This can be any member of Shambhala who is familiar with leading or coordinating Shambhala activities. The leader does not have to be an “expert” on The Six Ways of Ruling, although it might help them to watch and contemplate the videos in advance of each session. The outline gives you clear suggestions on what to say or do at each point in the session. You can adapt those suggestions to meet your needs.

Could a small team lead these sessions?

Yes. It helps to share the responsibility of leading these sessions, that is totally fine.

How many sessions are there?

Seven. Each is constructed around a video of a talk by the president on a particular aspect of The Six Ways of Ruling.

How long do the sessions last?

Each session is timed to last approximately 90 minutes. This included the leader’s suggested opening remarks, a short period of meditation, watching the video and the follow-up contemplation or exercise.

Is there an outline for each session?

For each session, there is a recommended outline that the group can follow. This includes notes for the leader's opening remarks, meditation guidance, the recorded talk, the follow-up contemplation, discussion and any exercise, the concluding remarks and the dedication of merit. The session outlines are set out in the full document that you will receive when you register your centre or group.

Can people attend some sessions and not all?

This can be accommodated. It is best if people can attend all seven sessions, because this will strengthen the experience of the entire group and support the energy of the whole situation. However, if someone misses a session, they can make arrangements to watch the relevant film and do the follow-up contemplation and exercise as best they can on their own.

Can you use this material on your own?

Yes. If you are a member of Shambhala and would like to study The Six Ways of Ruling using the videos and the outlines for each of the sessions, you can. We have made the material available as an online course for individual participation. At the same time, if your local centre or group is offering these as a series, please make every effort to participate in that (especially if you have already studied this individually) so that you can support others and have the very different experience of doing the exercises with others.

Can this material be the basis for a weekend program?

Yes. Here is a way in which the seven sessions can fit into a weekend:

Friday

7:00pm – 8:30pm Session One

Saturday

9:00am – 10:30am Session Two

11:00am – 12:30pm Session Three

2:00pm – 3:30pm Session Four

4:30pm – 6:00pm Session Five

Sunday

9:00am – 10:30am Session Six

11:00 am – noon/12:30pm Discussion groups and/or Questions and Answers

2:00pm – 3:30pm Session Seven

4:00pm Closing reception

If you prefer to organize the weekend with different timings, that is fine.

Can these sessions be structured as evening events over a period of weeks?

Yes, definitely. Each session can fit into a normal evening session of an hour and a half—say from 7:00pm to 8:30pm.

What additional resources are available that can be used in conjunction with this series?

The Court Vision and Practice by the Druk Sakyong Dorje Dradül. This is restricted text available from Shambhala Media.

Ruling Your World by Sakyong Mipham Rinpoche. This is publicly available and can also be ordered from Shambhala Media.

Six Ways of Ruling Resource book. This very helpful compilation of additional materials has been compiled by the Governance as Path Working Group. It can be ordered from Shambhala Media.

The Rigden Thangka. This booklet by Acharya David Schneider can be ordered from Shambhala Media.

Is there a recommended follow-up to the series?

At the end of the last session, participants are invited to contemplate what aspects of The Six Ways of Ruling they would most like to bring into their lives and work. This can include using these unique teachings to enrich their contribution to their Shambhala Centre or group.

There is also a short, structured contemplation on the Six Ways of Ruling that can be used individually or by groups. For example, the governing councils of Shambhala Centres use this contemplation at the outset of their meetings. They may use the entire contemplation (if they have time) or devote a shorter time to contemplating one of The Six Ways of Ruling before each meeting (going through all of them in sequence over successive meetings). The contemplation is provided at the end of the full document that you will receive when you register your centre or group online.