

THE SIX WAYS OF RULING

A home-study guide

INDIVIDUAL AND ONLINE STUDY

In this online format, you are assigned to a small group (six- twelve people) who complete the study together. You are free to complete the assignments when convenient to you, but you commit to complete each week in sequence with your group.

- You have five days to complete the readings and watch the videos, and to answer some questions online by the end of the fifth day.
- On Days 5, 6, and 7, you engage in an email, telephone, or videoconference discussion with others about the topic of the week.
- Then you repeat this process the next week for the following topic.

TEXTS FOR PERSONAL STUDY

There are several published texts that will help you explore these teachings from different perspectives. Each week you will be asked to read passages from these, as well as viewing that week's filmed talk.

- *Ruling Your World*. Sakyong Mipham Rinpoche. New York, Morgan Road Books, 2005
 - Chapter 22, "Ruling with Wisdom"
 - Chapter 23, "Ruling with Power"
- *The Six Ways of Ruling: A Resource for Leaders Governance as Path Working Group*, Third Shambhala Congress. Halifax: Garuda. (2009). ([Available from Shambhala Media](#))
- "Contemplating The Six Ways of Ruling" Contemplation prepared by President Richard Reoch at the request of Sakyong Mipham Rinpoche, available here: <http://fromourpresident.shambhalatimes.org/governance-documents/contemplating-the-six-ways-of-ruling-2/>
- "Listening and Inquiring", guidance prepared by Acharya David Sable, available here: <http://fromourpresident.shambhalatimes.org/files/2013/01/Listening-and-Inquiring-handout.pdf>
- "The Primordial Rigden Thangka Booklet", by Acharya David Schneider, available from Shambhala Media in [English](#), [French](#), and [Spanish](#)
- "The Artful Circle: Making Meetings Effective", by President Richard Reoch, available here: <http://fromourpresident.shambhalatimes.org/governance-documents/effective-meetings-a-teaching-by-president-reoch-17nov2008/>
- "Compassionate Abiding", advice compiled by President Richard Reoch, available here: <http://fromourpresident.shambhalatimes.org/governance-documents/compassionate-abiding/>

INDIVIDUAL AND ONLINE STUDY General Format for Each Week

Days 1-5:

- You are asked, as an introduction to the week's topic, to watch the short (2-minute) video by President Reoch that opens up the topic.
- You are asked to complete the readings (several paragraphs by each of the four authors, namely the Druk Sakyong, Sakyong Mipham, Richard Reoch, and Martin Janowitz). These are all short extracts from their presentations on The Six Ways of Ruling.
- You are then invited to watch a 30-minute video on that week's topic by President Reoch. These talks were filmed at various programs he has led over the past couple of years.
- You are encouraged to contemplate the specific way of ruling using the contemplation text in the sourcebook, or following the filmed contemplation led by the president. We would like you to do this contemplation daily in weeks 2 – 7.

Day 5:

For the benefit of the online discussion group, you are asked to post a short (one-to-three paragraph) response to three study questions.

Days 5, 6, and 7:

To stimulate collaborative contemplation by the online discussion group, you are asked to respond to at least three posts by other people, or engage in real-time conversations via telephone or videoconference.

PRIVACY POLICY

Protecting the online container for shared contemplation

All emails and other communications exchanged within your small group are private. Please do not forward them to other people, or discuss them with anyone outside the group. It is important to be kind to each other and to create a safe container in we all can relax our guard and be open and honest about sensitive topics.