



Warrior-King of Shambhala: Remembering Chogyam Trungpa

Jeremy Hayward

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A fascinating portrait of Chogyam Trungpa Rinpoche, one of the most charismatic, controversial, and visionary spiritual teachers of all time, this book is also an inspiring, heart-warming, and often humorous account of the author's own path of transformation from skeptic to mature spiritual practitioner. What's more, *Warrior-King of Shambhala* is a splendid presentation of the teachings and experiences that have become the heart of the Shambhala Buddhist tradition.

A pioneer in introducing Tibetan Buddhism to the West, Chogyam Trungpa is also one of its most controversial figures: he often defied notions of how a holy man should act, and his unconventional behavior and "crazy wisdom" caused some to view him with suspicion. But he was above all known for his compassion, insight, and vision and was immediately recognized as a living Buddha by a generation of spiritual seekers.

One of those seekers was Jeremy Hayward, who in little time became a close confidante of the teacher. *Warrior King of Shambhala*, Hayward's intimate memoir of Trungpa, begins with their first meeting in 1970, progressing year by year until Trungpa's death and beyond. Hayward vividly describes Trungpa's powerful, direct way of working with students, his groundbreaking work in bringing Buddhism to the West, and the teachings Trungpa presented each year. He also describes his own personal spiritual journey with the inimitable Chogyam Trungpa as his guide.

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