



Natural Bravery: Fear and Fearlessness as a Direct Path of Awakening

By Gaylon Ferguson



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Increasingly, we seem to live in a culture of fear, amid threats of terrorism, violence, environmental disasters, and distrust in our leaders. Fear and groundlessness are pervasive, but according to Buddhist teacher Gaylon Ferguson, it is the very potency of this fear that makes it such a powerful tool for personal and cultural transformation. *Natural Bravery* offers wise and pointed teachings for helping us to look at fear with immediacy and courage, and to engage with it as a path to transform ourselves—and the world. Walking this path, we learn to cultivate fearlessness and to connect more deeply with others and with the natural world.

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Editorial Review

Review

"In *Natural Bravery*, Gaylon Ferguson has honed the Shambhala teachings into an insightful expedition on which we discover fear to be a gift of our own basic goodness. By engaging in these contemplations, we can empower ourselves to move from fear to fearlessness in every aspect of our lives."—Sakyong Mipham Rinpoche, author of *The Shambhala Principle*

"Gaylon Ferguson guides us along the path to true fearlessness. In these times, when fear abounds—both inside and outside us—such a path cannot be more important or more urgent. Fortunately for us, Ferguson is an authentic and skillful guide for our journey."—Jan Willis, author of *Dreaming Me: Black, Baptist, and Buddhist*

"*Natural Bravery* fearlessly proclaims that we have access to a vast, sacred wisdom that is always available but often lost sight of in today's chaotic world. If you want to rediscover this wisdom read this important book."—Michael Carroll, author of *Awake at Work*

"*Natural Bravery* provides an excellent map for transforming one of the deep causes of our suffering—fear—into freedom."—Sharon Salzberg, author of *Real Happiness*

About the Author

GAYLON FERGUSON is a faculty member in the religious studies and interdisciplinary studies departments at Naropa University in Boulder, Colorado. He is an acharya, or senior teacher, in the Shambhala International Buddhist community. After studying meditation and Buddhist philosophy with Tibetan master Chögyam Trungpa in the 1970s and '80s, Ferguson became a Fulbright Fellow to Nigeria and completed a doctoral degree in cultural anthropology at Stanford University. After several years of teaching cultural anthropology at the University of Washington, he became teacher-in-residence at Karmê Chöling Buddhist Retreat Center until 2005, when he joined the faculty of Naropa University.

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