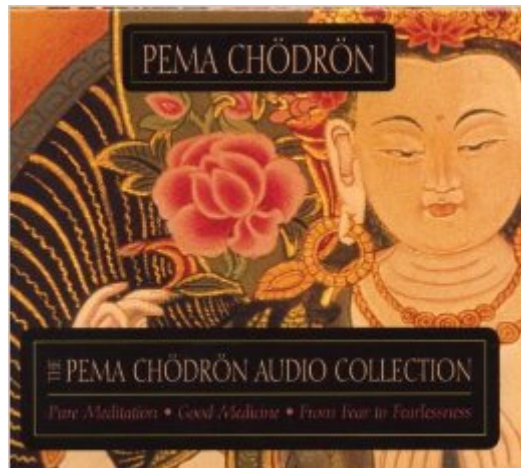


The book was found

The Pema Chodron Audio Collection: Pure Meditation: Good Medicine: From Fear To Fearlessness



Synopsis

Pema Chödrön, one of the West's most beloved teachers of Buddhism, makes the Tibetan vajrayana tradition accessible in today's world. Now three of her most popular teachings are available in one boxed set, The Pema Chödrön Collection, which includes: Pure Meditation • Step-by-step instruction in Tibetan Buddhism's pinnacle practice for transformation and letting go; Good Medicine • Teachings in tonglen, an elegant meditation that allows us to use our troubles to befriend ourselves and widen our circle of compassion; and From Fear to Fearlessness • Antidote to fear in the four noble aspirations: maitri (loving-kindness), compassion, joy, and equanimity. For the first time, enjoy over seven hours of Ani Pema's trademark humor and a down-to-earth style in one collectors edition. Reviews "Chödrön demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives." • Publishers Weekly

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (October 1, 2004)

Language: English

ISBN-10: 1591791596

ISBN-13: 978-1591791591

Product Dimensions: 1.5 x 5 x 6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars • See all reviews (53 customer reviews)

Best Sellers Rank: #366,439 in Books (See Top 100 in Books) #120 in Books > Books on CD > Health, Mind & Body > Meditation #126 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #378 in Books > Books on CD > Nonfiction

Customer Reviews

In this wonderful collection, with warmth, humor, & kindness, Pema gives down-to-earth ways to improve life through Buddhism: meditation (mindfulness, tranquil abiding & a bit of insight), the 4 Immeasurables (loving-kindness, compassion, joy, & equanimity) Bodhichitta, & Tonglen (sending and receiving) meditation. She explores Atisha's Slogans of (cf. her "Start Where You Are"), Lojong mind training (transforming obstacles into your practice; poisons into loving kindness & compassion). Tonglen (exchanging your joy for others' suffering) including on-the-spot Tonglen (done just when suffering appears) to subdue egocentricity & develop Bodhichitta/loving kindness. She espouses having the courage to experience discomfort, to change one's worldview, & face

one's emotions squarely. Ani (honorific for a Buddhist nun) Chodron's wonderful turns of phrase include: "We look for strength in what weakens us, "We've gotten really good at making matters worse, "seeking happiness without a hangover. "the places of meeting your edge are the places of tantrum, & "emptiness is openness." She also provides valuable stories such as: the man who went into a coma, was moved elsewhere, woke up thinking he was dead, & lived the rest of his life that way. She points out where her master, Trungpa Rinpoche digressed from the literal meanings of some of these practices & some changes suggested by the great 14th century master, Longchenpa (Longchen Rabjam). For example, the latter suggested meditating upon equanimity to establish stability prior to radiating loving kindness etc.

[Download to continue reading...](#)

The Pema Chodron Audio Collection: Pure Meditation: Good Medicine: From Fear to Fearlessness
Smile at Fear: A Retreat with Pema Chodron on Discovering Your Radiant Self-Confidence Pema Chodron 2017 Wall Calendar: Awakening the Heart – A Year of Inspirational Quotes The Pocket Pema Chodron (Shambhala Pocket Classics) Fully Alive: A Retreat with Pema Chodron on Living Beautifully with Uncertainty and Change From Fear to Fearlessness: Teachings on the Four Great Catalysts of Awakening How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! Pure Love, Pure Life: Exploring God's Heart on Purity NIV, Audio Bible, Pure Voice, Audio CD The Practice of Pure Awareness: Somatic Meditation for Touching Infinity The Places that Scare You: A Guide to Fearlessness in Difficult Times (Shambhala Classics) Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death The Calming Collection-The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Good Medicine: How to Turn Pain into Compassion with Tonglen Meditation (2 Discs) Fear the Future: The Fear Saga, Book 3 Fear the Survivors: The Fear Saga, Book 2 Fear the Sky: The Fear Saga, Book 1 Food, Medicine, and the Quest for Good Health: Nutrition, Medicine, and Culture Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Dmca](#)