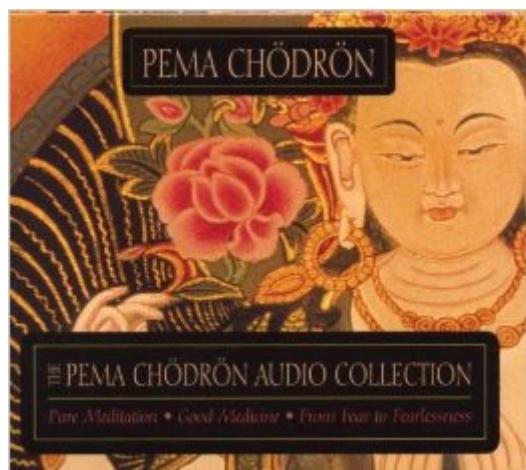


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The Pema Chodron Audio Collection: Pure Meditation:Good Medicine:From Fear To Fearlessness



Synopsis

Pema Chādrān, 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 Chādrān 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; andFrom 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"Chādrān demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives." •Publishers Weekly

Book Information

Audio CD

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Product Dimensions: 1.5 x 5 x 6 inches

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Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (53 customer reviews)

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

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