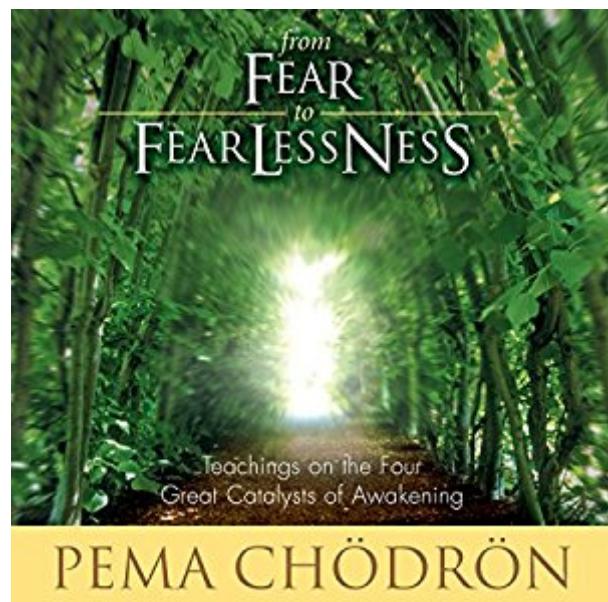


The book was found

From Fear To Fearlessness: Teachings On The Four Great Catalysts Of Awakening



Synopsis

Where will we look when we are afraid? How do we find strength? In what can we place our trust? According to Tibetan Buddhism, there are four noble aspirations, known as the Four Great Catalysts of Awakening, which we can call on to cultivate strength and openness in any situation. From Fear to Fearlessness brings us into the company of beloved teacher Pema Chödrön to discover and cultivate these four immeasurables: maitri (loving-kindness), compassion, joy, and equanimity. They are our greatest antidote to fear, teaches Ani Pema. By practicing them, we begin to experience a supreme steadfastness and peace independent of conditions. Join the best-selling author of When Things Fall Apart to learn: How self-acceptance overcomes the judging mindUsing honesty as a conduit to the parts of ourselves that need kindness and love the mostMaitri: the meditation practice that multiplies loveAnd more!

Book Information

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Customer Reviews

Pema Chodron presents meditation techniques that require very little experience with meditation and are easily accessible to anyone who wants to learn to transform pain into love. In a world filled with suffering, it can at times be overwhelming to balance your emotions so you can affect change. By understanding our own fears, we can then address some of the root causes of our unhappiness. This CD introduces some intriguing concepts and solutions and presents the following topics for discussion: Mindfulness and MaitriWhat is the root cause of happiness and suffering? Unlimited joyCompassionThe Enemies of CompassionIntroduction to the Practice of CompassionA guided

Maitri session is included on both CDs. I love how Pema Chodron honors her teachers by giving credit where credit is due. She explains what she was taught and effectively translates ancient teachings and stories into methods for modern application. With warmth and wisdom Pema Chodron shows the way to a more flexible, open life filled with love and compassion. She says that often we look for strength in what weakens us. An intriguing concept! Through mindfulness and meditation practice (more like a visualization than complete solitude and she guides you through the process), you can more attuned and receptive. I love her idea about using words and actions to make things better, but it isn't always easy. Patience is one of the qualities you have to develop to follow these teachings and to get to a place of peace, there is suffering. Even after peace, there is some suffering, but you may be able to turn the suffering into creativity and make it an energy you use for good.

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