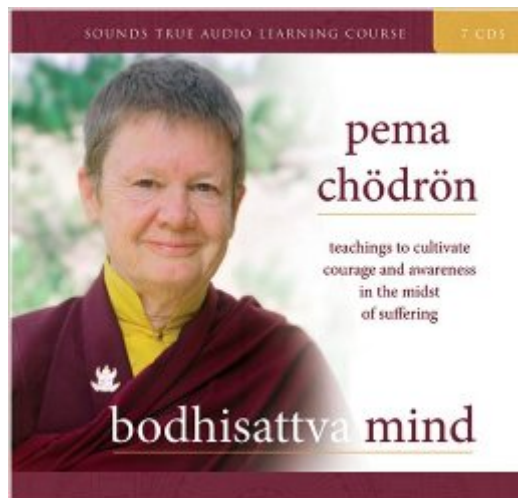


The book was found

Bodhisattva Mind: Teachings To Cultivate Courage And Awareness In The Midst Of Suffering



Synopsis

A bodhisattva is one who seeks liberation from suffering not only for themselves, but for all beings. If you were a bodhisattva, how would you respond in the face of chaos and difficulty? Is it possible to find calm in the middle of a storm? On Bodhisattva Mind, Pema Chödrön explores timeless insights and practices from the teachings of an eighth-century Buddhist classic, Shantideva's The Way of the Bodhisattva, to reveal a powerful core truth that can move us all closer to the bodhisattva ideal. An Unlikely Voice on Living a Virtuous Life In the eyes of his fellow Indian scholars, Shantideva seemed lazy and uninterested in his studies and was greatly resented. So they invited the young slacker to give a prestigious talk-an honor reserved for only the most realized Buddhist masters-hoping to humiliate him and force him to leave the school. Instead, he delivered the timeless jewel known today as The Way of the Bodhisattva. Paradoxically, the key to true liberation, he taught, is in taming the mind. Like a wild elephant, the distracted mind causes emotions to escalate. But if the mind is trained to be steady and open, no matter what comes at you, you will remain solid in the immediacy of your experience. On Bodhisattva Mind, Pema Chödrön leads you through an all-new series of practices inspired by Shantideva to help you "tether" your thoughts and emotions-not as a limiting force, but as a means to restore yourself in the freedom of the present moment. Experience the Spaciousness Available in Every Moment If we approach the wildness of our mind like a horse whisperer using gentleness, compassion, and kindness, we return to our natural state of expansiveness that is always available to us, says Pema Chödrön. Encompassing a rich span of insights from this gifted teacher, Bodhisattva Mind shows us how to connect with the spacious, clear, and unbiased nature of our minds, and experience the joy of complete freedom. Master recordings for Bodhisattva Mind graciously provided by Great Path Tapes.

Book Information

Audio CD

Publisher: Sounds True (October 1, 2006)

Language: English

ISBN-10: 1591795354

ISBN-13: 978-1591795353

Product Dimensions: 6.9 x 1.1 x 6.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (17 customer reviews)

Best Sellers Rank: #1,267,110 in Books (See Top 100 in Books) #84 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana #357 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #1022 in Books > Books on CD > Religion & Spirituality > Christianity

Customer Reviews

Provocative, witty, wise and compassionate - Pema Chodron is a delight to listen to. In this series she decodes Shanti Deva's classic Buddhist text from its eight century origins and numerous translations into contemporary language. As always, she is accessible and insightful, holding nothing of herself back. She has a gift of articulating the movements and proclivities of the Western mind in a way that makes us cringe with recognition and laugh at our endless self absorption. I live in Australia so it is unlikely that I will ever see her in action. This CD series is a wonderful substitute.

Yes, I realize that saying Pema rocks may seem irreverent, but Pema Chodron makes eastern philosophy accessible to the western mind. And, she has a sense of humor! I listen to her each night before I go to sleep and learn another gem each time. Her approach to spirituality is one of great acceptance, compassion and non-judgment - certainly things the world could stand to embrace. Linda Kate

I have almost all of Pema Chodron's CDs and this set is one of the very best because it takes one through the philosophy of the Bodhisattva Mind with easy to follow continuity. I've been learning about Buddhism for several years and this retreat's teachings just make sense to me. As always, sprinkled with bits of humor and wit along with her typical wisdom. These teachings help one learn how to face the hard realities of life, and, oh yes, death. The lectures move along at a good pace. Really, it felt like being at the retreat and that felt good. This is my second purchase of this product. I sent it as a gift to a dear friend in South Africa.

Awesome awesome awesome! I wanted this collection since it was new, finally got a copy, and find it to be a wonderful distillation of teachings. I have most of Ani Pema's books and many other audio CDs including Don't Bite The Hook and Getting Unstuck, two of my favorites. I listen to Pema while I am working with my hands at various jobs and also when painting or drawing. I have been a student of hers for around 18 years. I've listened to my other Pema Chodron CDs over and over because that is what it takes to start really recognizing and then changing one's perceptions, attitudes and

patterns of behavior. It's a lifelong process and there is so much plain spoken wisdom here to help us on the path. This is a wonderful investment whatever one's personal path, the wisdom is timeless and the teaching is very accessible. Pema has a gift for us and here it is.

I love all of Pema's audio recordings. She is so direct, humorous, and unpretentious, while also being a great teacher. This is no exception. She inspires us to live better lives and helps us see how to do so.

Pema is that rare combination of brilliant thinker and clear communicator. She conveys deep, important messages in simple, understandable fashion. Her messages will help you feel happier and more at peace in general and when facing your toughest moments. You won't just listen to these CDs. You'll listen over and over and over again. They are that good.

To anyone who has tried to calm the fire raging within for the wrong type of person. For the person whose struggling with addiction and for anyone who wants to get to know the person on the inside better. This is funny, informative and very contemplative. I listened to this series slowly and I hope some of the wisdom seeps in. The reason for buying it was to allow the words...make my path in life a little clearer.

This is available from SoundsTrue at a sale price of around twenty dollars. Very surprising to see the full price still attached to this offering.

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

Bodhisattva Mind: Teachings to Cultivate Courage and Awareness in the Midst of Suffering Haiku Mind: 108 Poems to Cultivate Awareness and Open Your Heart Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom Awakening Love: Teachings and Practices to Cultivate a Limitless Heart Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy Pain: The Science of Suffering (Maps of the Mind) Infinite Awareness: The Awakening of a Scientific Mind Third Eye: Third Eye, Mind Power, Intuition & Psychic Awareness: Spiritual Enlightenment The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage The Power of Vulnerability: Teachings on Authenticity, Connection and Courage The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha) A Faith for the Future: Church's Teachings for a Changing World: Volume 3 (Church Teachings for Changing the World) The Ideal Team Player:

How to Recognize and Cultivate the Three Essential Virtues: A Leadership Fable Magnetic:
Naturally Attract the Women You Want, Cultivate Confidence, and Become Rejection-Proof
Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation,
Attention, and Performance Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles,
Cultivate Positive Qualities, and Uncover Your Inherent Wisdom The Ideal Team Player: How to
Recognize and Cultivate The Three Essential Virtues Deliver Me From Negative Emotions:
Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book
2) Dietrich Bonhoeffer: In the Midst of Wickedness (Christian Heroes: Then & Now) Unglued:
Making Wise Choices in the Midst of Raw Emotions

[Dmca](#)