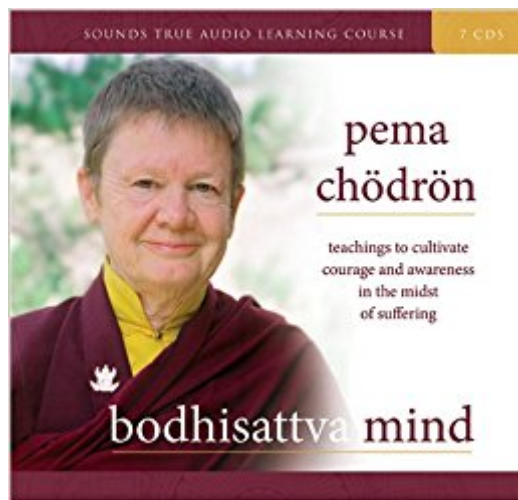




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# Bodhisattva Mind: Teachings To Cultivate Courage And Awareness In The Midst Of Suffering



## 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

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## Customer Reviews

Ani Pema Chodron was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren. While in her mid-thirties, Ani Pema traveled to the French Alps and encountered Lama Chime Rinpoche, with whom she studied for several years. She became a novice nun in 1974 while studying with Lama Chime in London. His Holiness the Sixteenth Karmapa came to Scotland at that time, and Ani Pema received her ordination from him.

In a refreshing recorded seminar, the revered Buddhist nun explains the core teachings of an ancient text--Shantideva's THE WAY OF THE BODHISATTVA. Chodron answers heartfelt questions, largely from people trying to reconcile their individual conflicts with addressing the needs of others. Rather than sounding otherworldly, her peaceful tone and relaxed grasp of Buddhist teachings are inviting and familiar. Laughing frequently and feeling at home in front of a large audience, she speaks a language that listeners everywhere will appreciate. Almost thrilling in their simplicity and generosity, the segments of Shantideva's text that she and others read to the audience teach the disciplines of calming one's mind and making sacrifices to serve others. T.W. © AudioFile 2007, Portland, Maine-- Copyright © AudioFile, Portland, Maine

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 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.

I have many of her c.d.'s and this is among my favorites. She really gets to the heart of things and includes us all.

I have been reading and listening to Pema's audiobooks and I always get something new and inspiring from her talks.

Basically, this is a text being segmentally re-read by numerous volunteers at a retreat, then interpreted by Pema Chodron. It just didn't wow me.

This teacher will go straight to your heart with her plain words about being human. I listen whenever my heart has gone hard or when I'm suffering. When I loan it to friends who don't care to meditate, they say that her voice alone brings about a good change.

It is fantastic, thank you!!!!

Yes, I realize that saying Pema rocks may seem irreverent, but Pema Chodrin 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

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