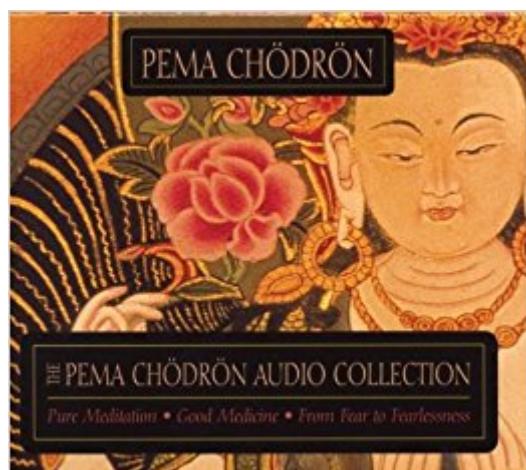


The book was found

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



Synopsis

Pema Chāfā¶drāfā¶n, 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 Chāfā¶drāfā¶n 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 "Chāfā¶drāfā¶n 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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Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 54 customer reviews

Best Sellers Rank: #256,111 in Books (See Top 100 in Books) #65 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #71 in Books > Books on CD > Health, Mind & Body > Meditation #157 in Books > Books on CD > Nonfiction

Customer Reviews

Pema Chāfā¶drāfā¶n Ani Pema Chāfā¶drāfā¶n 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. Pema first met her root guru, Chāfāgāyam Trungpa Rinpoche, in 1972. Lama Chime encouraged her to work with Rinpoche, and it was with him that she ultimately made her most profound connection, studying with him from 1974 until his death in 1987. At the request of the Sixteenth Karmapa, she received the full bikshuni ordination in the Chinese lineage of Buddhism in 1981 in Hong Kong. Ani Pema served as the director of Karma Dzong in Boulder, Colorado until moving in 1984 to rural Cape Breton, Nova Scotia to be the director of Gampo Abbey. Chāfāgāyam Trungpa Rinpoche gave her explicit instructions on establishing this monastery for western monks and nuns. Ani Pema currently teaches in the United States and Canada and plans for an increased amount of time in solitary retreat under the guidance of Venerable Dzigar Kongtrul Rinpoche. She is also a student of Sakyong Mipham Rinpoche, the oldest son and lineage holder of Chāfāgāyam Trungpa Rinpoche. Ani Pema is interested in helping establish Tibetan Buddhist monasticism in the West, as well as continuing her work with western Buddhists of all traditions, sharing ideas and teachings. Her non-profit, The Pema Chāfāgāyam Foundation, was set up to assist in this purpose. She has written several books: *The Wisdom of No Escape*, *Start Where You Are*, *When Things Fall Apart*, *The Places that Scare You*, *No Time To Lose*, *Practicing Peace in Times of War*, *How to Meditate*, and *Living Beautifully*. All are available from Shambhala Publications and Sounds True.

Wisdom delivered with humor and depth. I have listened several times. You won't be sorry with this purchase.

Pema Chodron is my favorite person to listen to. She is wise, funny, honest and non-judgmental. Listening to her helps me be more accepting and peaceful. She has a wonderful, soothing voice and a gift for imparting knowledge and spirituality without being preachy.

I love these CD's by Pema - the practices are on point and leave me calm and thoughtful... I listen on my commute to and from work - and she just sets the tone of my day. Awesome! I am so glad I found her!

Every CD in this set is excellent, and since they were taped on site at sessions in Cape Breton you feel like Pema is right there in the room with you. Pema's words along with her wonderfully soothing voice will truly heal the aches and pains of living. It's not just the simplicity but the honesty that makes owning everything Pema worthwhile. If I had known about her years ago, I would have lived

differently, if not more easily. Now, because of Pema, there are no regrets, just today. This set is very good therapy.

Pema's soothing voice and universal wisdom is an excellent anecdote for today's hectic life-style. Pema teaches us how to accept ourselves, treat ourselves with love and gentleness, how to avoid suffering and live fearlessly. This CD set is especially useful for anyone facing life-altering issues and need to redirect their lives. This set has been tremendously helpful for me.

I read a short book by Pema and decided I wanted to get to know her teachings a bit better. I decided on this collection of CD's because I thought it was fairly priced. I have listened to two of the CD's and have really enjoyed them. I felt the topics addressed some of the work I am doing right now on my own path and therefore felt this information supports my work. I think the topics would fortify anyone's work no matter where they are on their own path of self realization/yoga etc.....

Helps me relax which can be a challenge when under deadline pressures. Recommend to older people who need help sleeping.

I can't wait to buy more of Pema Chodron. I love Eckhart Tolle, however Pema Chodron's humor and as she said it best, stories are much easier to remember.

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