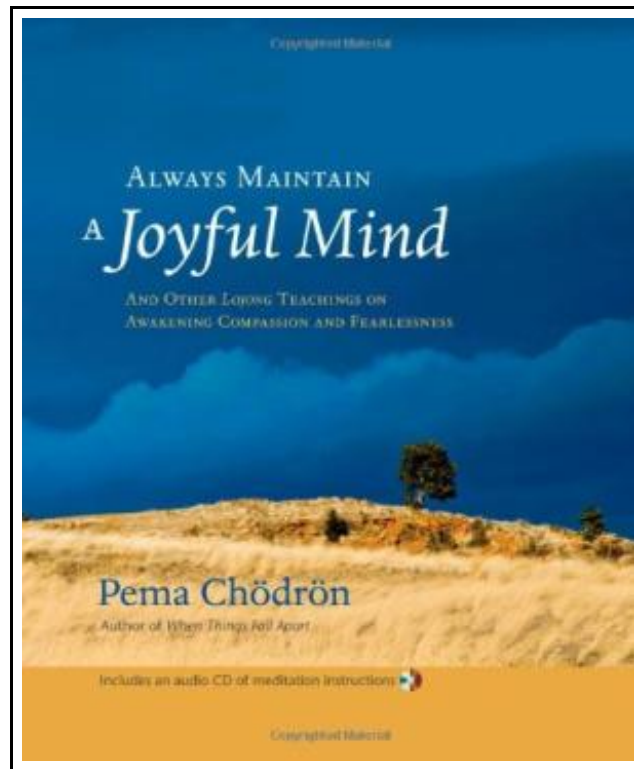


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Shambhala Publications Inc, United States, 2007. Hardback. Book Condition: New. 163 x 147 mm. Language: English,Tibetan . Brand New Book. For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chodron introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. The lojong teachings include: Always maintain only a joyful mind, Don't be swayed by external circumstances, Don't be so predictable, and Be grateful to everyone. Each slogan is followed by Pema Chodron's accessible and succinct commentary on how to understand and apply it. This book also features a forty-five-minute audio program entitled Opening the Heart, in which Pema Chodron offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.



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