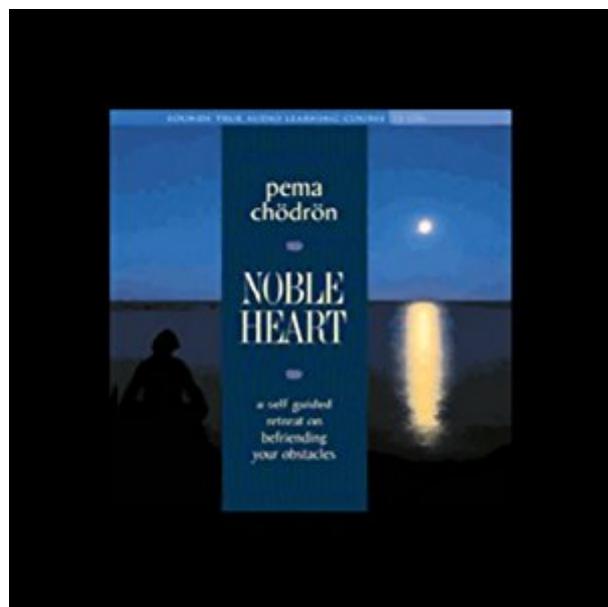


The book was found

Noble Heart: A Self-Guided Retreat On Befriending Your Obstacles



Synopsis

You can't get away from suffering. That's the good news, teaches Pema Chodron. For at the core of your most painful experiences (perhaps more than anywhere else) you will find the seeds of your awakening. On Noble Heart, this best-selling author and Tibetan Buddhist nun shows you how vulnerability is our greatest spiritual resource amid life's difficulties. Using special meditations and teachings, she shows how to cultivate your own noble heart, one that sheds its armor, and opens fearlessly to both heartache and delight. This is a full 12-session curriculum of meditations, practices, teaching stories, and real-life examples presented in clear, easy-to-follow language.

Book Information

Audible Audio Edition

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Customer Reviews

After having enjoyed Pema Chodron's wonderful video set "Good Medicine" (6305642842), Her "Noble Heart" set of 6 cassettes was greatly enhanced. I could picture her orchestrating this retreat at her Monastery in Eastern Canada. That is exactly how this tape set is arranged. She provides an enjoyable, enthusiastic lecture with examples, stories, personal experiences, input from her Master Chogyam Trungpa Rinpoche, etc. For each of the 12 segments (sides of cassettes) she also includes meditations and visualizations as appropriate. Topics include:1. Bodhichitta Practice--ego, 3 noble principles, etc.2. cultivating friendliness through meditation--posture, calm abiding (shamatha), working with thoughts, non-grasping mind...3. developing inner strength/trust--experiencing reality, the 4 limitless ones (loving kindness, compassion, joy, & equanimity, materialism...4. The Practice of Maitri (loving kindness)--the roots of suffering and

happiness, ignorance, etc. Great presentation on Maitri practice!5. Compassion practice--your "soft spot," ego's weaknesses, addiction and obsession, dualistic thinking, far & near enemies of practice, pity/overwhelm/forgiveness6. Unlimited joy & equanimity--stages of practice, openness, melting practice, big sky mind, etc.7. Tonglen (sending & receiving)--shunyata--openness of being, awakening Bodhichitta, stages of tonglen practice, dissolving the armor of self-protection, etc.8. Meditation & wisdom--post-meditation, purity, categories of meditation, prajna (wisdom/understanding), etc.9. Generosity, discipline, & patience--categories of them, undoing deep-seated patterns, antidote to aggression, etc.10.

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