



PEMA CHÖDRÖN

*How to Turn
Pain into Compassion
with Tonglen Meditation*

2 AUDIO CDS WITH
ENHANCEMENTS:
video excerpts, music
tracks, & study guide

GOOD medicine

Good Medicine How To Turn Pain Into Compassion With Tonglen Meditation 2 Discs

Marco Cascella



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50 WAYS TO WORRY LESS NOW: REJECT NEGATIVE THINKING TO FIND PEACE, CLARITY, AND CONNECTION Gigi Langer, PhD, 2018-01-20 Thirty years ago Gigi Langer was a prisoner of her worries who used alcohol romance and professional accomplishments to soothe her frayed nerves After applying tools from therapy recovery programs scientific research and a variety of philosophical and spiritual teachings she stopped drinking and discovered how to overcome her own anxieties and stress Worry Less Now offers four life strategies and 50 eclectic tools to dissolve the whispered lies of negative self talk Although many books address negative thinking very few give the reader step by step directions on how to defeat it Others simply advocate a single approach With candor and humor Langer describes a wide variety of strategies that helped her and others defeat dysfunctional relationships perfectionism addiction and worry about loved ones As an award winning writer and professor Langer skillfully shares compelling stories and exercises that empower you to MANAGE life s most difficult challenges with calm wisdom CREATE healthy relationships that blossom and thrive FULFILL your dreams through positive thinking SERVE others in their personal growth Regardless of the situation Worry Less Now will help you move through it with courage hope and insight *Words on Cassette, 2002* R R Bowker Publishing, 2002 Books Out Loud ,2007 **Love on Every Breath** Lama Palden Drolma, 2019 Today when our human family is facing so many challenges it is more important than ever that we find peace and sustenance in our hearts Love on Every Breath or Tonglen is a seven step meditation for anyone who wants to nourish and open their heart An ancient and profound meditation that has been practiced in isolated mountain retreats in the Himalayas for centuries it is now available to us in the modern world Lama Palden Drolma a Western teacher trained by Tibetan Buddhist masters and also schooled in contemporary psychotherapy introduces readers to the meditation in this powerful user friendly book She walks readers step by step through the meditation from beginning issues of sitting with awareness and focusing on the breath to taking in and extending love Real life challenges of sadness anger and overwhelm are addressed with On the Spot versions of the meditation Love on Every Breath is a meditation that changes our experience in the moment and changes our lives **The Compassion Book** Pema Chodron, 2017-03-21 The revered Buddhist teacher and author of When Things Fall Apart presents the lojong teachings pithy slogans for daily contemplation and the ways in which they can enrich our lives Welcome compassion and fearlessness as your guide and you ll live wisely and effectively in good times and bad But that s easier said than done In The Compassion Book Pema Ch dr n introduces a powerful transformative method to nurture these qualities using a practice called lojong which has been a primary focus of her teachings and personal practice for many years For centuries Tibetan Buddhists have relied on these teachings to awaken the deep goodness that lies within us The lojong teachings include fifty nine pithy slogans for daily contemplation such as Always maintain only a joyful mind Don t be swayed by external circumstances Don t try to be the fastest and Be grateful to everyone This book presents each of these slogans

and includes Pema's clear succinct guidance on how to understand them and how they can enrich our lives. It also features a forty-five minute downloadable audio program entitled *Opening the Heart* in which Pema offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others. *Heart Medicine* Radhule Weininger, 2021-12-07 Find freedom from life's painful recurring patterns in 12 simple steps with guided practices of self-compassion, mindfulness, and embodiment. Do you ever feel trapped by experiencing challenging feelings over and over again, sometimes without realizing it? Or do you find yourself thinking, "Why is this happening to me again?" or "Why do I always feel this way?" You're not alone. With *Heart Medicine*, you can learn to identify your emotional and behavioral patterns through the lens of loving awareness, without self-judgment or blame. Learning to hold yourself as you would a dear friend, with space and grace, Radhule Weininger draws on decades of experience as a therapist and meditation teacher to help readers understand the trauma behind their patterns, then offers twelve simple steps to work toward healing. Each chapter includes short practices so readers can begin to put the book's concepts to work for transformation in their own lives. With *Heart Medicine*, you can finally be equipped with the tools to break through the patterns that hold you back and begin to live with more freedom, confidence, and peace. And that's good medicine, indeed.

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