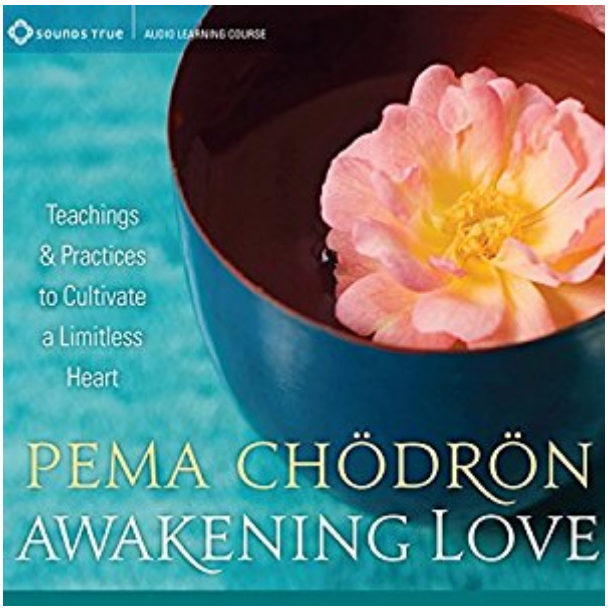
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Awakening Love: Teachings And Practices To Cultivate A Limitless Heart



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Synopsis

Have you ever wanted to love and connect with others more deeply... but felt that you could use a little help shedding your "emotional armor" and opening your heart? With Awakening Love, Pema Chodron invites you to start wherever you are, amid any and all of the challenges, frustrations, or fears you may be facing, and to use them as the starting place to awaken the natural and boundless capacity to give and receive love more fully.

Book Information

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Customer Reviews

Very insightful advice from a truly loving person. Thanks Pema!

Great. Exceeded my expectations.

My teacher, Pema Chodron, the BEST!

Pema Chodron is fantastic. I have may of her CD’s and listen to them on the way to my office. I am a big fan and love what she presents!

What can be said about Pema that someone has not already said? She is simply one of the greatest minds of our time. This audio covers some of her older material, but expands into some new thoughts. I have most of her other audio books and this is by far...the best recording I have

heard! There isn't the background noise or poor quality that is found in some of the other audio books. If you are thinking of buying any of her work or if you are new to her work then buy this one first. If you have her other work then buy it for the simply for the great quality! Lots of tools in this also. It is quite concise and great clarity on all levels!

Peme Chodron has the ability to translate sacred teachings into AHA! moments for practical application. She has a way of getting to the nuts and bolts of a situation, of bringing us back to ground zero to look clearly, turn our view around to that simple thing that allows everything else to begin to fall into place. Her answer to a participant who was conflicted by her wish to be compassionate toward those who were hurting her is an example; paraphrasing, Pema Chodron pointed out that the Buddha never said we should allow others to do things that would hurt or harm us, that the Buddha never taught we should not have boundaries. That, in fact, healthy boundaries make good practice of compassion - knowing how to avoid or prevent the harmful actions of others not only spares us but spares others the karma of negative actions. There's so much more to this, and no one can say it quite as clearly and eloquently as PC herself. Her teachings have helped me to learn to relax with myself and to learn that I am just as much a recipient of my own compassion as everyone else is. You'll have to listen to her teaching for yourself to verify that this extract is indeed in this CD... I believe it is, and I know you will get many treasures from listening to any of her teachings.

This series of lectures in a very good beginning for those interested in the practice of the Buddha.The time to begin is now, wherever you are, whatever your situationChoosing to love the world by loving ourselves first. Asking the questions: "Who am I"? "Why do I exist?" "What is my purpose"?Pema Chodron doesn't give us the answers, she give us the questions. The answers are in the questions. Jesus used this very technique.

I just got introduced to Pema Chodron a few months ago and I'm so glad I did. She has really helped me understand Buddhism, meditation, and has helped me be good to myself, less critical of me and others, and has opened my heart. I now have more understanding of how we beat up ourselves, something we seem to do consistently In our Western culture. Thank you, Pema!

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