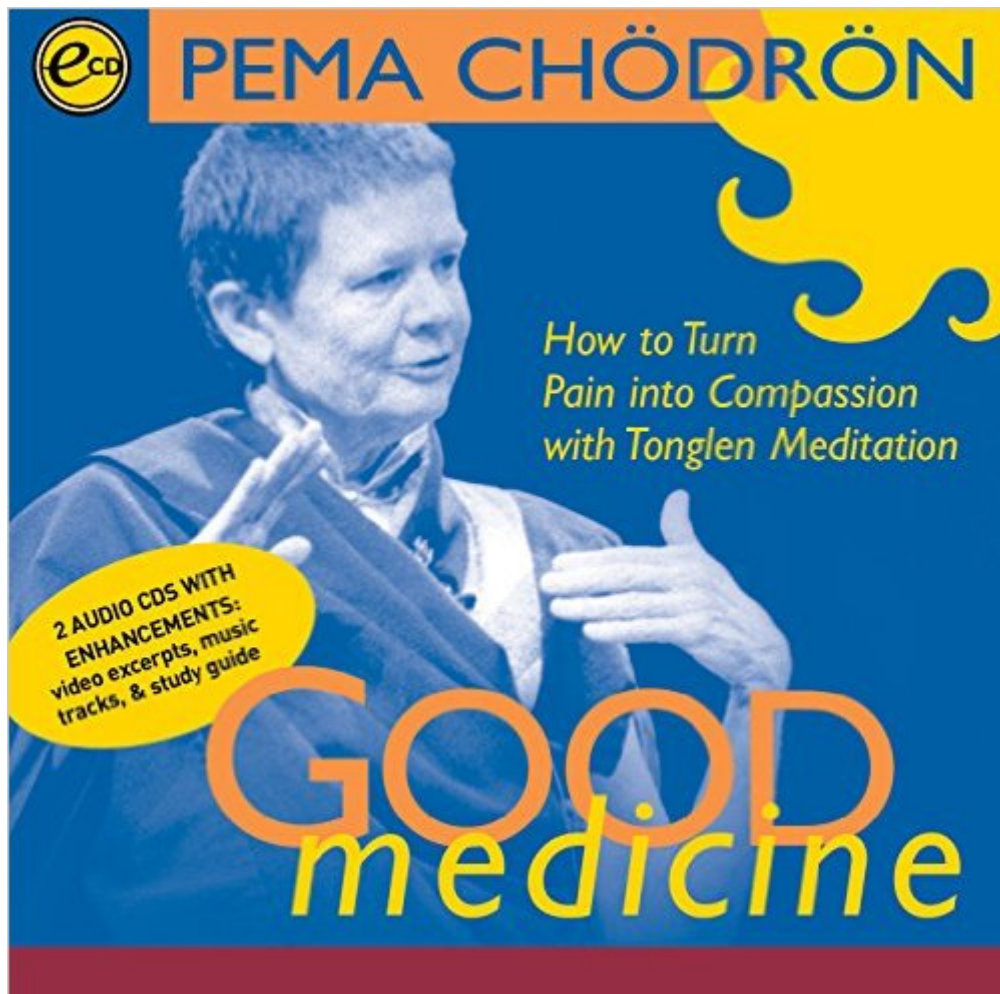


The book was found

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



Synopsis

Within the wisdom teachings of Buddhism, there are many stories that refer to its founder as the Supreme Physician, a healer of all illness-mental, physical, and spiritual. The Buddha understood suffering and its antidote, and his prescription and philosophy for right living led directly to a Tibetan meditation practice that is the medicine our modern-day hearts have been searching for. On *Good Medicine*, the remarkable American-born Tibetan Buddhist nun Pema Chodron shares the gift of tonglen, a simple and elegant meditation system for ordinary people like ourselves. Through tonglen, we can use the difficulties in life-those that cause the most suffering-as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion. These traditional breathing meditations cut through obstacles on the spot. Skillfully distilled into a two-and-a half-hour workshop, *Good Medicine* offers a revolutionary practice that is already 1,000 years old-and ready to awaken our hearts today.

Book Information

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Customer Reviews

This is an excellent book that talks above all about unconditional friendship towards one's self as the basis of compassion for authors. In a Christian context, this comes across in the words of Jesus, "love you neighbor AS yourself." What this offers beyond this fine piece of advice are the techniques to get you there. While this book is presented in a Buddhist context, it could be used by anyone whether you are a Buddhist or not. The information is universal and the down-to-earth style of Pema Chodron is easily understandable. She has an excellent sense of humor and positions ideas in a way that is easily digestible for a Westerner. Technically, Pema Chodron is a Tibetan Buddhist nun,

but this recording and many of her others have a very practical focus for the average person. It is difficult for me to believe that her tips, insights and these exercises won't be useful for anyone who wants a deeper connection to their heart. The overall idea behind this audio is that growth lies in the direction of fully participating in each moment with as much awareness as possible. This means seeing pain or other difficult states as an invitation to what is called soul in the West. By "showing up" in each moment, we develop a deep compassion toward ourselves and a felt sense of our connection to others. In a more technical sense, the focus of this audio is on Tonglen meditation and related practices. While it is presented in a Buddhist context, much of the esoteric or unusual cultural trappings have been removed from around the essential points and teachings. These practices really are effective and as someone who works with people struggling with all kinds of problems, I find that these are effective techniques.

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