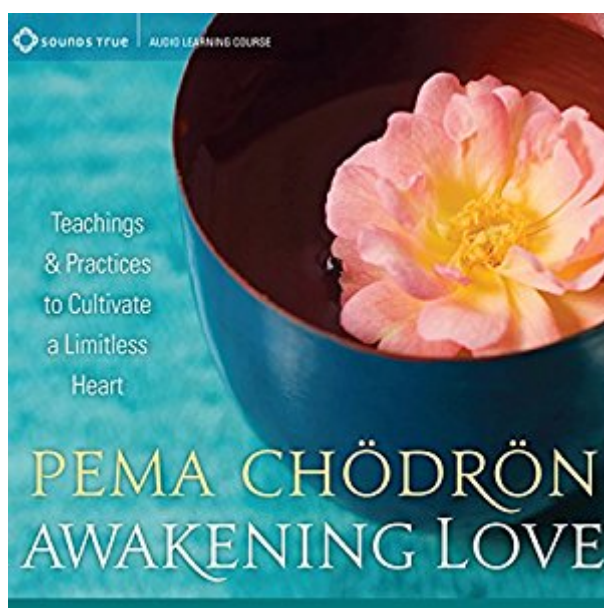


The book was found

Awakening Love: Teachings And Practices To Cultivate A Limitless Heart



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

Audible Audio Edition

Listening Length: 9 hours and 7 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: April 11, 2012

Language: English

ASIN: B007T5N1PU

Best Sellers Rank: #44 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #55 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #67 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

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 many 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!

Pema 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 is a very good beginning for those interested in the practice of the Buddha. The time to begin is now, wherever you are, whatever your situation. Choosing 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 gives 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!

[Download to continue reading...](#)

Awakening Love: Teachings and Practices to Cultivate a Limitless Heart
Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom
Bodhisattva Mind: Teachings to

Cultivate Courage and Awareness in the Midst of Suffering Pema Chödrön's Compassion Cards:
Teachings for Awakening the Heart in Everyday Life Secret Practices of the Sufi Freemasons: The
Islamic Teachings at the Heart of Alchemy Jewish Meditation Practices for Everyday Life:
Awakening Your Heart, Connecting with God Limitless Energy: How to Detox Toxic Metals to End
Exhaustion and Chronic Fatigue Limitless Mind: How to Effortlessly Turn Any Fear, Worry Or Panic
Attack Into Happiness, Develop Unbeatable Mental Toughness And Destroy Limitations - WITH
EASE Adventures in 3D Printing: Limitless Possibilities and Profit Using 3D Printers Limitless Mind:
A Guide to Remote Viewing and Transformation of Consciousness The Success Initiative (Project:
Limitless, Volume 1): The Start Guide to Unleashing Your Potential, Crumbling the Boundaries
Around You, and Achieving Revolutionary Success! The Visioneers: How a Group of Elite Scientists
Pursued Space Colonies, Nanotechnologies, and a Limitless Future Play Big: Lessons in Being
Limitless from the First Woman to Coach in the NFL Limitless: A Novel Sodium Girl's Limitless
Low-Sodium Cookbook The Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom
Teachings Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings New Heart of
Wisdom: Profound teachings from Buddha's heart Why I reject Jehovah Witness teachings
Checking out the basic history and teachings: From an Evangelical perspective The Buddha's
Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon
(The Teachings of the Buddha)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)