



The Compassion Book: Teachings for Awakening the Heart

Pema Chödrön

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Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. But that's easier said than done. Here Pema Chodron 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. And 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.

The Compassion Book: Teachings for Awakening the Heart Details

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Author : Pema Chödrön

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From Reader Review The Compassion Book: Teachings for Awakening the Heart for online ebook

Dustin Crazy little brown owl says

A small book of wisdom.

Favorite Passages:

. . . our personal problems and delights become a stepping-stone for understanding the suffering and happiness of all beings.

. . . breathe in the pain of the situation, wishing that all beings could be free of it. Then breathe out and send loving-kindness to all suffering beings including yourself!

Know your own mind with honesty and fearlessness.

Train enthusiastically in strengthening your natural capacity for compassion and loving-kindness.

Be patient with yourself and don't lose your sense of perspective.

Smitha Murthy says

The Compassion Book contains the 59 lojong teachings that form the core of Pema's teachings. These slogans are meant to be used together with the tonglen practice. While all that sounds like this is some sort of book that makes sense only to a Tibetan, that is not the case at all. As with all of Pema's teachings, these are easily accessible to anyone, regardless of their affiliation to any religion. Pema suggests picking up any slogan at random every day and to remind ourselves of it through the course of the day. That's what I have been trying, except that I quite don't remember it through the course of the day!

It takes practice to understand the truer essence of the slogans. An essential part of your collection if you are a Pema Chodron fan like I am!

Benjamin Bookman says

I am reviewing this book (and marking it as read), even though it is not really the kind of the book that is

meant to be absorbed or "finished" at any point. While there are very few words, and it is a small book (page numbers as well as dimensions), it is meant to be studied and utilized over months or years. I don't have a lengthy background in Buddhism or meditation, but I am familiar enough to know the value of minimalism. I had never heard the term Lojong, so I have no basis of comparison, but I would say that this is "just enough" for a variety of audiences. Most likely, someone who is very familiar with the 59 slogans would use this tiny slice as one of many sources, supplementing with longer commentaries. It could be used as a quick reference in this case. For a beginner, it offers a brief taste, with just enough information to get started and point the way to more (as desired). I can't give 5 stars, simply because I wanted one or two more pages of introduction. I love the concept, I love the size and feel of the book (it really feels like something that could be carried through life in a pocket for moments of need), and I enjoyed the included audio file as an introduction. That said, I do think that a few more pages of introductory material would have really been helpful for a beginner like me.

Denise says

Brief, very accessible Buddhist wisdom, thoughts on life and daily attitudes. Something to re-read again and again.

TiSh says

Such practical and easily digestible teachings. Handy reference for everyday (which is even recommended from the start). This one is a keeper.

Melodie says

"Pema is so wise." ~ Andrea Gibson

Senshin says

I love all Pema's books!

This one however was a waste of money. Buy 'Start Where You Are' instead. It contains everything in this book and so so much more.

If you have no knowledge of the Lojong slogans this will be of no help. If you do you'll probably find this very disappointing.

The 'in-depth instruction on Tonglen downloadable program' this book offers is available online free for everyone.

Artemisia Hunt says

Timeless wisdom coupled with everyday common sense are hallmarks of Buddhist nun Pema Chodron's books and CD's, which have been an important part of my own spiritual path since I first discovered her in the early 90's. The Compassion Book is no exception. Using the 1000-year-old tradition of the Lojong teachings, Pema provides commentary on these ancient Buddhist slogans that highlight their no-nonsense applicability in our own modern lives. Many of these slogans do seem particularly relevant today: "Don't be swayed by external circumstances", "Don't seek others' pain as the limbs of your own happiness", "Don't try to be the fastest". If there ever was a time when the virtues of compassion and open-heartedness were needed, this may truly be such a time.

Carrie says

some good advise, a little too new age for me...but it was a quick read and I got a few things out of it

Maryann Moffit says

Just ok

Rather brief, not as much detailed instruction as I need. Perhaps I am not ready for this and I will need to re-read in the future.

Vicki Gibson says

A lovely little book of 59 daily contemplations about awakening your heart in the midst of day-to-day life. Each page contains one lojong, a Tibetan Buddhist slogan to help train your mind. On the facing page of the lojong is Pema Chodron's brief commentary. The point is to use everything we encounter, pleasant or painful, to awaken compassion within us. As an example, the 25th lojong is "Don't talk about injured limbs" with the commentary "Don't try to build yourself up by talking about other people's defects." There is much wisdom contained in this tiny book, even if you are not a Buddhist. [NOTE: This appears to be the exact same content as Pema Chodron's "Compassion Cards" presented in book form.]

Pablo Andrade says

Help for practice

Meditation is not always easy; the slogans are a convenient prop for those moments in which we need to practice, but meditation seems not to be the best way to go.
