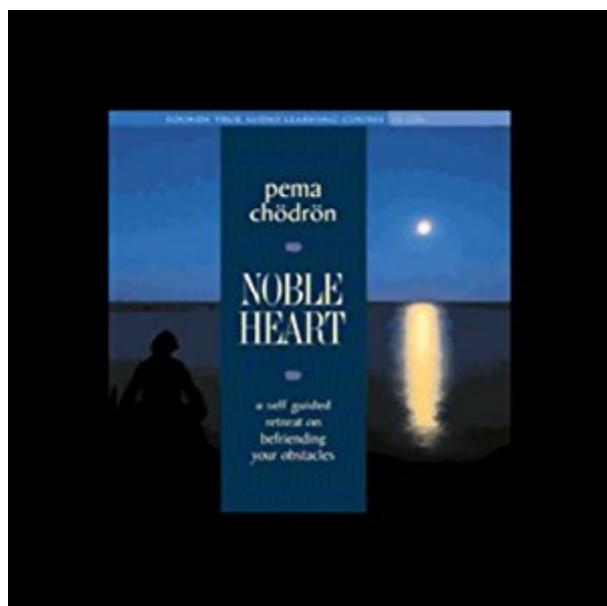


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Noble Heart: A Self-Guided Retreat On Befriending Your Obstacles



Synopsis

You can't get away from suffering. That's the good news, teaches Pema Chodron. For at the core of your most painful experiences (perhaps more than anywhere else) you will find the seeds of your awakening. On Noble Heart, this best-selling author and Tibetan Buddhist nun shows you how vulnerability is our greatest spiritual resource amid life's difficulties. Using special meditations and teachings, she shows how to cultivate your own noble heart, one that sheds its armor, and opens fearlessly to both heartache and delight. This is a full 12-session curriculum of meditations, practices, teaching stories, and real-life examples presented in clear, easy-to-follow language.

Book Information

Audible Audio Edition

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Customer Reviews

I listen to this every day. There is so much information and common sense wisdom contained this set that it takes a while for me to absorb it all. But I like the fact I can listen to it over and over. Pema Chodron is great. She cares and it truly does show in her voice. That's why this set is so darn good! I'm new at meditation and am fascinated by all that is contained here. I plan to listen to her other books as well. Hers is the wonderful and gentle voice in my head that I turn to when I can't let go of something, am sad or had a setback. That's life, yes, but she articulates so well the bigger picture.

If you are ready to hear what Pema has to say this tape series can change your life. Pema presents her information in clear and easy to understand terms. I believe she instructs us to confront reality than follow with a "chaser" of compassion. This method keeps your self-discovery from

overwhelming you and keeping you from continuing. Actually Pema uses the word friendliness to describe how we must approach this self-understanding. At first I thought that was such a wimpy term - 'friendly'. It turns out if you can muster up friendliness for yourself when you begin to uncover your self you will be doing well indeed. Thank you Pema.

I loved this series. Pema is funny (completely unexpected) wise and moves you through the concepts of Buddhism and makes it practical to our armored hearts. She is a gifted teacher. I feel very lucky to have found her.

The retreat is fabulous but I was misled by the advertising. I wanted the hard copy booklet NOT a PDF.

I received this order really fast; the its condition is quite good - appreciate that! now I am just enjoying Pema's words of wisdom. She is fantastic!

I heard this teaching series when it first came out and was stunned. I'd been an Evangelical Christian -- but was dying inside for lack of real spiritual teaching. By which I mean, teaching that truly instructs you how to have an interior life. I listened to Pema Chodron's simple, clear instructions, and began using her methods, and was amazed at how both my inner life and outer behavior began to change for the better. I even used the meditation practices during physical workouts, and they enhanced my performance to the degree that I became a marathon runner and even a one-time Iron Man. I now use many of the spiritual practices suggested in this lengthy teaching series in the lifeskill-training business I've created, to enhance the personal growth and advancement of others. I can truly report: The teaching in this series is A+++. I understand why many Christians -- the late Thomas Merton, for instance -- have worked to create a bridge to help connect Western and Eastern spiritualities. If you are a Christian, do not be hesitant to buy this product and use it to enhance your spiritual life. Personally, I have used Pema's teachings for over 20 years now, and the teachings have revolutionized my mental, emotional, and physical wellbeing.

After having enjoyed Pema Chodron's wonderful video set "Good Medicine" (6305642842), Her "Noble Heart" set of 6 cassettes was greatly enhanced. I could picture her orchestrating this retreat at her Monastery in Eastern Canada. That is exactly how this tape set is arranged. She provides an enjoyable, enthusiastic lecture with examples, stories, personal experiences, input from her Master

Chogyam Trungpa Rinpoche, etc. For each of the 12 segments (sides of cassettes) she also includes meditations and visualizations as appropriate. Topics include:1. Bodhichitta Practice--ego, 3 noble principles, etc.2. cultivating friendliness through meditation--posture, calm abiding (shamatha), working with thoughts, non-grasping mind...3. developing inner strength/trust--experiencing reality, the 4 limitless ones (loving kindness, compassion, joy, & equanimity, materialism...4. The Practice of Maitri (loving kindness)--the roots of suffering and happiness, ignorance, etc. Great presentation on Maitri practice!5. Compassion practice--your "soft spot," ego's weaknesses, addiction and obsession, dualistic thinking, far & near enemies of practice, pity/overwhelm/forgiveness6. Unlimited joy & equanimity--stages of practice, openness, melting practice, big sky mind, etc.7. Tonglen (sending & receiving)--shunyata--openness of being, awakening Bodhichitta, stages of tonglen practice, dissolving the armor of self-protection, etc.8. Meditation & wisdom--post-meditation, purity, categories of meditation, prajna (wisdom/understanding), etc.9. Generosity, discipline, & patience--categories of them, undoing deep-seated patterns, antidote to aggression, etc.10. Joyful exertion--the nondual paramitas, contemplation, exertion, nonduality, etc.11. Shunyata Meditation--groundlessness, nature of mind, opening mind, contemplating equanimity, nongrasping, etc.12. Bodhichitta to the world--connectedness, limitless compassion, dissolving barriers, the Dharmic habit, Bodhichitta slogans (only touched on here--see her "Start Where You Are" for this). Overall, it's almost like being there. A wonderful experience. She covers lots of ground in her easygoing, warm, and wise style that balances theory with practice. A gem.

It seems to be a fact of life that on a daily basis, we are all caught up in this apparently concrete, stressful world. Strong emotions and reactive thought processes and behaviours, often negative, underscore how we live even without us realising. Pema Chodron is a wonderful teacher, making the spiritual path of Buddhism something available to anyone who has suffered any sort of pain in their lives; even those who are new to the teachings. She is gentle, humorous, compassionate and non-pretentious, with practical advice that I have found so useful since listening to this audiobook over the past week. I cannot recommend this highly enough, and hope that using this book will encourage many of us towards a happier and more compassionate existence.

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