

Awakening Loving Kindness Pema Chodron



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Description. But Pema Chödrön suggests that the best and most direct teacher for awakening loving-kindness is in fact your very own life. Based on talks given during a one-month meditation retreat at Gampo Abbey, where Pema lives and teaches, her teachings here focus on learning how to see the events of our lives as the perfect material...

Awakening Loving-Kindness - The Pema Chodron Foundation

Pema Chodron is always a gentle, thought-provoking, awareness-instilling read. Awakening Loving-Kindness is a collection of talks that she gave at a Buddhist retreat, allowing the reader to simulate the event by reading one chapter each morning.

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Awakening Loving-Kindness by Pema Chodron ...

Awakening Loving-Kindness was published in September 2017 and is a transcript of talks the author shared with participants during a month-long practice period—known as a dathun—that took place in 1989 at the Gampo Abbey in Nova Scotia, Canada, for which she is the Director.

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In Buddhism, loving-kindness (maitri) is the first of the Four Immeasurables, or Limitless Ones, which are Buddhist virtues and meditation practices to cultivate each one. Most commonly translated ...

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