



# Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness

By Pema Chodron

Download now

Read Online ➔

## Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron

For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called *lojong* in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives.

The *lojong* teachings include: "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." Each slogan is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it.

This book also features a forty-five-minute audio program entitled "Opening the Heart," in which Pema Chödrön offers in-depth instruction on *tonglen* meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

↓ [Download Always Maintain a Joyful Mind \(Book and CD\): And O...pdf](#)

📖 [Read Online Always Maintain a Joyful Mind \(Book and CD\): And...pdf](#)

# Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness

By Pema Chodron

## Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron

For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called *lojong* in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives.

The *lojong* teachings include: "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." Each slogan is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it.

This book also features a forty-five-minute audio program entitled "Opening the Heart," in which Pema Chödrön offers in-depth instruction on *tonglen* meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

## Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron Bibliography

- Sales Rank: #331843 in Books
- Published on: 2007-07-31
- Released on: 2007-07-31
- Original language: English
- Number of items: 1
- Dimensions: 6.56" h x .62" w x 5.80" l, .60 pounds
- Binding: Hardcover
- 128 pages



[Download Always Maintain a Joyful Mind \(Book and CD\): And O ...pdf](#)



[Read Online Always Maintain a Joyful Mind \(Book and CD\): And ...pdf](#)

## **Download and Read Free Online Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron**

---

### **Editorial Review**

#### **About the Author**

Pema Chödrön is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

#### **From [AudioFile](#)**

This recording of a seminar by Pema Chödrön is a brief introduction to a set of Tibetan pith teachings referred to as lojong. The seminar, *Opening the Heart*, introduces the use of lojong as a basis for meditation and a tool for awakening compassion within oneself as one deals with daily challenges. Chödrön's teaching is clear and articulate. There is a small amount of audience feedback in the background, which is a reminder that this is not a studio recording despite the clear sound quality. The CD ends with a meditation led by Chödrön. The program is accompanied a book that contains the 59 pith slogans of lojong, each with a brief commentary. J.E.M. © AudioFile 2008, Portland, Maine-- Copyright © AudioFile, Portland, Maine

### **Users Review**

#### **From reader reviews:**

##### **Arthur Bennett:**

Now a day people that Living in the era just where everything reachable by interact with the internet and the resources within it can be true or not need people to be aware of each data they get. How people have to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help people out of this uncertainty Information specifically this *Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness* book as this book offers you rich facts and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it everybody knows.

##### **Viola Boucher:**

Nowadays reading books be a little more than want or need but also get a life style. This reading routine give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The information you get based on what kind of e-book you read, if you want have more knowledge just go with knowledge books but if you want sense happy read one together with theme for entertaining including comic or novel. Often the *Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness* is kind of guide which is giving the reader unstable experience.

**Mary Chapa:**

Do you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you never know the inside because don't assess book by its protect may doesn't work the following is difficult job because you are afraid that the inside maybe not as fantastic as in the outside look likes. Maybe you answer can be Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness why because the amazing cover that make you consider regarding the content will not disappoint an individual. The inside or content will be fantastic as the outside as well as cover. Your reading 6th sense will directly assist you to pick up this book.

**Wayne Gaddis:**

Are you kind of busy person, only have 10 or maybe 15 minute in your day time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are receiving problem with the book than can satisfy your small amount of time to read it because this all time you only find e-book that need more time to be learn. Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness can be your answer because it can be read by you actually who have those short free time problems.

**Download and Read Online Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron #LSO5Y7MV4ND**

# **Read Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron for online ebook**

Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron books to read online.

## **Online Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron ebook PDF download**

**Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron Doc**

**Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron Mobipocket**

**Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron EPub**

**LSO5Y7MV4ND: Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness By Pema Chodron**