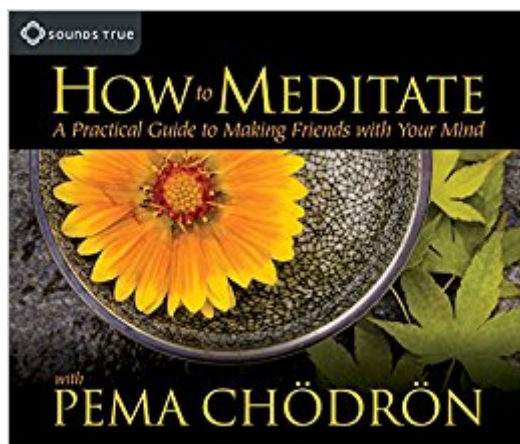


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# How To Meditate: A Practical Guide To Making Friends With Your Mind



## Synopsis

When it comes to meditation, Pema Chödrön is widely regarded as one of the world's foremost teachers. Yet she's never offered an introductory course on audio-until now. On *How to Meditate with Pema Chödrön*, the American-born Tibetan Buddhist nun and bestselling author presents her first complete spoken-word course for those new to meditation. Through traditional insights and her personal guidance, offered in 12 sitting sessions, Pema Chödrön will help you honestly meet and compassionately relate with your mind as you explore: The basics of mindfulness awareness practice, from proper posture to learning to settle to breathing and relaxation Gentleness, patience, and humor-three ingredients for a well-balanced practice Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises Thoughts and emotions as "sheer delight"-instead of obstacles-in meditation "From my own experience and from listening to many people over the years, I've tried to offer here what I feel are the essential points of meditation," explains Pema Chödrön. Now this beloved voice shares with you her accessible approach-simple and down-to-earth while informed by the highest traditions of Tibetan Buddhism-on *How to Meditate with Pema Chödrön*.

## Book Information

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## Customer Reviews

Author and narrator Chödrön delivers an interesting spoken-word course recorded at a series of live sessions before a class. Listening to this audiobook is exactly like sitting in a university classroom or actually being in a meditation class. Every so often you can even hear the other class

members cough or sneeze, as Chodron delivers her material in a firm, unwavering manner, offering valuable insights into and techniques in the process of meditation. Listeners will find these recordings easy to follow and listener-friendly. The directions and instructions at each stage of the process are clear and well crafted; however, the lack of visuals may leave many somewhat unsure of exactly how they are supposed to be positioning themselves. However, Chodron relates her message perfectly, by giving time for the listener to get into position and follow her instructions. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Pema is one of our most beloved and helpful teachers-practical, compassionate, and wise. How to Meditate is a great way to take her teachings to heart and develop a meditation practice." - Jack Kornfield Author of A Path with Heart and A Lamp in the Darkness "Meditation doesn't remove pain, or alleviate the negative energy flowing through the world. This is the information which beloved teacher Chodron offers readers at the beginning of this new book. Meditation will, however, relieve suffering, not by changing our outer environment but by turning our attention inward to make peace with ourselves. The aim is not to transcend our feelings of pain and distress. Instead, it is to open our hearts and minds to accept what we are feeling in any given moment even if that feeling is difficult. The gifts that Chodron's meditation has to offer are steadfastness, clear awareness, courage, attention to the moment, and learning to not make too big a deal of things. The hallmarks of her teaching are gentle encouragement and loving acceptance. While she provides guidelines for getting started and exercises to keep us going, her greatest teaching is the lesson she shows us on every page: to show compassion for ourselves as we struggle with life's challenges and to base our success on the journey not the goal."- Anna Jedrzewski Retailing Insight Magazine

In this 5 CD set, Pema Chodron expands on her prior works (but see Pure Meditation), honing in on Buddhist Shamatha (tranquil or calm abiding) meditation. This is a basic, eyes-open, being-fully-present technique (akin to mindfulness practice). It differs greatly from transcendental types as well as from Vipashyana (insight) meditation. Total time=5:52:48 in 46 tracks (CD1=65:18/9 tracks; CD2=63:29/10 tracks; CD3=69:54/9 tracks; CD4=74:53/9 tracks; CD5=79:14/tracks). Her presentation is comprehensive, including: Physical--much detail on 6 points of posture (seat, legs, torso, hands, eyes, & mouth); Emotional--being fully present, attention to tension, observing your pain/stress; Mental/Psychological--generosity, patience, sense of humor; & Spiritual/Mystical--(per Trungpa Rinpoche) "Mixing mind and space." Each CD includes a meditation

experience & practices for the ensuing week. Ani Chodron explains the basic Tibetan Buddhist/Vajrayana approach of transforming poisons (kleshas or afflictions) into medicine (wisdom/enlightenment). This is similar to judo (vs. karate) & to transcendental alchemy (The Secret of the Golden Flower: A Chinese Book of Life) with kleshas being the prima materia. Tibetans differentiate between pain and suffering; the latter being more psychological than physical--reaction to pain vs. pain itself. She, thus explores Shenpa, the process of getting hooked--see ["Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions"](#). Pema also briefly discusses Tonglen (exchanging oneself for others), a highly empathetic technique--see ["Tonglen, the Path of Transformation"](#) or ["Good Medicine: How to Turn Pain into Compassion with Tonglen Meditation"](#); & includes some more advanced Mahamudra meditation, which I find particularly helpful, quoting a poet: "Thoughts are like clouds in the sky; they shimmer when they fly." Her use of sounds, sights, touch over the body is reminiscent of both the Western allover (or overall) exercise (Wisdom of the Mystic Masters) & the Dhyani Buddha families (The Mandala of the Enlightened Feminine). Overall, Pema's voice & presentation are extremely peaceful & meditative--quite conducive to these practices, though she aims at you becoming "your own meditation instructor." To have a more complete appreciation of Pema, see her ["Good Medicine"](#) video. This set is valuable for newbies (though some of the terminology may be unfamiliar) as well as those who have practiced meditation before. It is also a nice refresher.

I have listened to this CD for several years from our library and now I am finally purchasing it as a Christmas present to myself. I would highly recommend to anyone, especially if you have had some experience with meditation. Every year I apply something new from this cd as I gain experience with meditation. Pema's teachings have been crucial in helping me to overcome severe anxiety and depression. I cannot say enough about this wonderful teacher who helps awaken people to their own inner experiences and the wisdom beneath difficult emotions.

Pema Chodron is unarguably an important contributor in the West to understanding of Buddhism and meditation. I just found the CD a bit too chatty and not enough actual time IN meditation with her guidance.

Pema Chodron takes one through a step by step introduction to meditation. What I learned is that meditation is not a brief experience, but a way to remain present and peaceful through all of life's ups and downs. Take the teaching of meditation into daily life, and one's suffering and worries

become less destructive.

I bought this as a Gift for a very close friend, and she absolutely loves it!!! She loves Pema Chodron anyway, she also loves to meditate. I was a little surprised that she wanted this particular gift because she's an experienced meditator ... but as I said, she did want it, and, she loves it.

Although the book makes for slower reading, it is a valuable adjunct to the CD series of the same title that was recorded live in Nova Scotia, Canada. For anyone new to meditation, this book is a helpful and personal guide to the practice. The language is simple and direct and helps the individual over the hurdles of the myriad thoughts that seem to interfere with meditation.

It is tempting to think that one need not deal with their aggression as it is usually justified and measured. At least for some of us. But the lesson from Pema Chodron is that YOUR aggression harms you far more than those to whom it is aimed. Well stated and supported with humor, with valuable techniques to assist in its reduction. I listen repeatedly on long drives.

I've really enjoyed listening to Pema Chodron. I've learned a lot from these CDs. I find myself relaxing my body now just from listening to her instructions; I don't even need to have the CD playing. I have two other series of hers I'm going to listen to.

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