



Awakening Compassion: Meditation Practices for Difficult Times

Pema Chodron

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For more than 800 years, Tibetan Buddhists have used the principles of *lojong* (literally, "mind training") to transform difficulties into insights, and conflict into genuine communication. Lojong practice is grounded in a special meditation technique and complemented by 59 written maxims - a treasury of practical wisdom that inspires everyday awareness. *Awakening Compassion* is the first audio retreat on the practice of lojong taught by Pema Chödrön, the American-born Tibetan Buddhist nun and best-selling author. With an informal teaching style, both playful and insightful, Pema uses restful meditations in teaching the lojong way for turning painful emotions into the stepping stones to wisdom, compassion, and fearlessness.

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