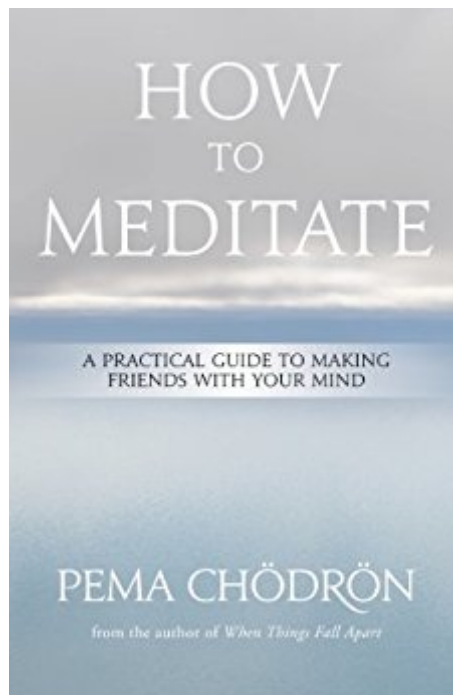




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Meditation: How To Meditate: A Practical Guide To Making Friends With Your Mind



Synopsis

How to Meditate Has Been Named One of Library Journal's Best Books of 2013 Pema Chodron is treasured around the world for her unique ability to transmit teachings and practices that bring peace, understanding, and compassion into our lives. With *How to Meditate*, the American-born Tibetan nun presents her first book exploring in depth what she considers the essentials for a lifelong practice. When we look for a meditation teacher, we want someone who has an intimate knowledge of the path. That's why so many have turned to Pema Chodron, whose gentle yet straightforward guidance has been a lifesaver for both first-time and experienced meditators. With *How to Meditate*, the American-born Tibetan Buddhist nun presents her first book that explores in-depth what she considers the essentials for an evolving practice that helps you live in a wholehearted way. More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover: The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness The Seven Delights-how moments of difficulty can become doorways to awakening and love 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 Here is an indispensable book from the meditation teacher who remains a first choice for students the world over.

Part One: The Technique of Meditation

1. Preparing for Practice and Making the Commitment
2. Stabilizing the Mind
3. The Six Points of Posture
4. Breath: The Practice of Letting Go
5. Attitude: Keep Coming Back
6. Unconditional Friendliness
7. You Are Your Own Meditation Instructor

Part Two: Working With Thoughts

8. The Monkey Mind
9. The Three Levels of Discursive Thought
10. Thoughts as the Object of Meditation
11. Regard All Dharmas as Dreams

Part Three: Working With Emotions

12. Becoming Intimate with Our Emotions
13. The Space within the Emotion
14. Emotions as the Object of Meditation
15. Getting Our Hands Dirty
16. Hold the Experience
17. Breaking with the Emotion
18. Drop the Story and Find the Feeling

Part Four: Working with Sense Perception

19. The Sense Perceptions
20. The Interconnection of All Perceptions

Part Five: Opening Your Heart to Include Everything

21. Giving Up the Struggle
22. The Seven Delights
23. The Bearable Lightness of Being
24. Beliefs
25. Relaxing with Groundlessness
26. Create a Circle of Practitioners
27. Cultivate a Sense of Wonder
28. The Way of the Bodhisattva

Excerpt

The mind is very wild. The human experience is full of unpredictability and paradox, joys and sorrows, successes and failures. We cannot escape any of these experiences in the vast terrain of

our existence. It is part of what makes life grand – and it is also why our minds take us on such a crazy ride. If we can train ourselves through meditation to be more open and more accepting toward the wild arc of our experience, if we can lean into the difficulties of life and ride of our minds, we can become more settled and relaxed amid whatever life brings us. There are numerous ways to work with the mind. One of the most effective ways is through the tool of sitting meditation. Sitting meditation opens us to each and every moment of our life. Each moment is totally unique and unknown. Our mental world is seemingly predictable and graspable. We believe that thinking through all the events and to-dos of our life will provide us with ground and security. But it's all a fantasy, and this very moment, free of conceptual overlay, is completely unique. It is absolutely unknown. We've never experienced this very moment before, and the next moment will not be the same as the one we are in now. Meditation teaches us how to relate to life directly, so that we can truly experience the present moment, free from conceptual overlay.

Book Information

File Size: 498 KB

Print Length: 166 pages

Page Numbers Source ISBN: 1604079339

Publisher: Sounds True; 1 edition (May 1, 2013)

Publication Date: May 1, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00C2BYPMY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #22,232 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7

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Customer Reviews

Pema Chödrön makes meditation understandable and accessible in this incredibly helpful and insightful, gentle little guide. I highly recommend it to anyone interested in either mindfulness, meditation, buddhism or just simply finding a simple way of reducing stress in life and gaining more insight into the experience of being human.

How many times in this modern world, friends tell us to meditate and we feel like YES, but HOW???? In what should i think?, in nothing?, can i do it alone, what posture should i adopt, what is the purpose of this meditation, is this something a religion wants me to do????? All these answers are gracefully answered in this beautiful and useful book!!!! The monk tells us, NORMAL NOT ILLUMINATED PEOPLE how we must start and follow our meditation. The purpose and benefits of doing it regularly. Even that i go to buddhist meditation, this book was a great great help, because describes more accurately what, how and why we meditate. Enjoy and i recommend. I wish PEACE for all, especially my brothers humans who buy this book and are learning to calm their minds, as i do.

Pema Chodron has a very relaxed approach to the subject, with wonderful insights on what it is to be human. She goes into great detail, without being ponderous or preachy, and she has a surprisingly modern take on ancient subject!

Pema Chodron is a master at presenting teachings in a simple and accessible way, so that anyone can read her books and connect with them. The only potential downside is that it's possible to be deceived by the simplicity and overlook the depth of wisdom actually offered. In the case of this book on meditation, it begins with very basic, easy to follow instructions on getting started with a meditation practice focused on the breath. If you are looking for a straightforward little book to help you begin meditating, this is a great one (and Pema offers many meditation CDs that you can use for guidance as well.) As this book progresses though, it offers many more meditation approaches, and insights that will be useful even to those who have meditated for a long time. Sections 2, 3 and 4 are devoted to 'Working with Thoughts', 'Working with Emotions', and 'Working with Sense Perceptions', and in each she invites us to actually use these as 'objects of meditation' - to invite them into our meditation and work with them as the foundation for our practice, rather than judging them as 'bad' and trying to push them out. This 'friendliness' as she puts it, really changes everything, and offers us the potential for deep understanding and healing. She offers many personal stories, and anecdotes from students, to support how powerful this can be. In the final

section of the book, 'Opening Your Heart to Include Everything', Pema connects meditation to the awakening or enlightenment process. This is perhaps the most 'Buddhist' section in the book, although really I feel anyone of any faith interested in spiritual meditation will find much value here (as with most of Pema's books, this one is not targeted to those who define themselves as 'Buddhist'.) Pema offers insight into how to work with our biggest challenges in life as objects of meditation, and even to view them as opportunities for enlightenment. She discusses the role of belief in practice, and how to examine the 'firmness' we find in our minds whenever we are gripping a belief as reality. She discusses working with 'groundlessness', and the way of the bodhisattva, or as she defines it, 'becoming a completely loving person.' So overall, this is a great little book for anyone interested in learning to meditate, or needing to break through barriers in their own meditation practice. If you have already read a lot of Pema's book there may not be anything new here, but as always it is well done and has a lovely transmission behind it. If you are new to her work, and certainly if you are new to Buddhism, this book is a wonderful place to start.

this book has been a great source for me in learning the way to meditate..being totally new to meditation this book offers ideas and techniques to start.

I have been a student trying to learn how to meditate for over four decades. Pema Chödrön, one of the best and clearest teachers of spiritual practice alive today, has given me a gift in this book that makes more sense of stuff I've struggled with than any other book in the field. She practices and teaches Tibetan Buddhism, but is liberally accessible to persons, like me, who come from and follow other spiritual traditions. I cannot imagine that her book would not be helpful to anyone who wishes to get a firmer grasp, both intellectually and experientially, on meditation.

I have meditated or "sat" off and on for 40 years. I was trained in TM 20 years ago. I have read many seminal books on meditation looking for the one that would help me with a practice. This book speaks to meditation in a way that I instantly understood what a meditation practice was and wasn't. Pemba Chodren writes in a way that is both profound and ordinary. Inspiring.

I have been practicing meditation and contemplation for many months - I would say a couple years. But, lately I began to wonder if I was getting the most out of my practice. After all, I kind of took a little information and ran with it and didn't look back much because I got such great results. Lately, I began to wonder if I was 'doing it right'. This was a reasonable read and didn't take too long, nor was

it too drawn out or wordy. There is great explanation of her philosophy behind what she says, but the book stays practical. I picked up several new ideas and techniques that I've already began incorporating into my practice. I believe that how she uses the word "thinking" during practice is just phenomenal. If you are like me, and have sat through many meditation sessions with decent results but are a little curious as to 'How' you should be meditating, this book will not give you a complete step by step instruction (that would be too rigid for contemplative practice!!), but it will answer those questions for you. Quite Recommended!

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