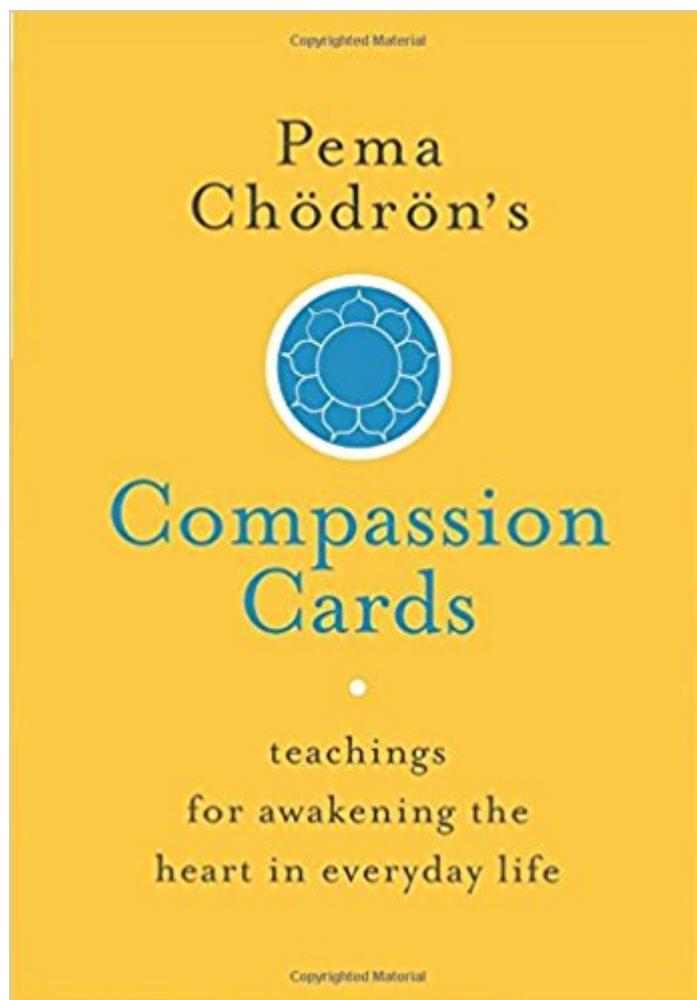


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# Pema Chödrön's Compassion Cards: Teachings For Awakening The Heart In Everyday Life



## Synopsis

59 beautifully designed cards on the classic Buddhist practice of lojong for everyday inspiration and contemplation--with instructive commentaries by Pema Chādrān to make the teachings accessible and applicable to contemporary life. Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. Here Pema Chādrān offers a powerful method to awaken these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. In this boxed set, she provides all the tools needed to practice it in your own life. It includes: \* an introduction to the practice \* fifty-nine cards representing the full set of lojong teachings for daily inspiration and contemplation \* practical commentary from Pema on the reverse of each card \* a card stand for easy display \* and an audio download of Pema's teachings on the related practice of tonglen. These cards were previously published as part of The Compassion Box.

## Book Information

Cards: 60 pages

Publisher: Shambhala; Box Crds edition (November 15, 2016)

Language: English

ISBN-10: 1611803640

ISBN-13: 978-1611803648

Product Dimensions: 4.1 x 1.2 x 5.9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 29 customer reviews

Best Sellers Rank: #18,384 in Books (See Top 100 in Books) #106 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #142 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #528 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

PEMA CHĀ-DRĀ-N is an American Buddhist nun in the lineage of renowned Tibetan meditation master Chāgyam Trungpa and 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*.

I have been reading Pema's work for decades. I have done the LoJong practices for many years. This is a wonderful way to remind us of our inner and relationship work and put our practices in the

context of the real world - not just private mediation.

Pema Chādrān is a wise and generous teacher. Her "Compassion Cards," teach us interior peacemaking. As we make peace within ourselves, we become active peacemaker's in the world.

These days, compassion can be a challenge. When I pick a new card in the morning, it gives me time to reflect and set my intention and awareness for the day. Grateful for the wisdom contained here.

good and helpful for daily use.

I refer to Pema Chodron's dharma wisdom cards as an accompaniment to my daily meditation practice.

Even if you are new to meditation. These cards are fantastic.

Fantastic! Love these- bought them for group therapy- clients love them too!

Got this as a christmas gift. It's wonderful. But then, isn't everything from Pema Chodron wonderful?

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