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Don't Believe Everything You Think: Living with Wisdom and Compassion

By Thubten Chodron

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. It can be hard for those of us living in the 21st century to see how 14th-century Buddhist teachings still apply. When you're trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increase can seem a little obscure. Thubten Chodron's illuminating explication of Togmay Zangpo's revered text, The Thirty-Seven Practices of Bodhisattvas, doesn't just explain its profound meaning; in dozens of passages she lets her students and colleagues share first-person stories of the ways that its teachings have changed their lives. Some bear witness to dramatic transformations making friends with an enemy prisoner-of-war, finding peace after the murder of a loved one while others tell of smaller lessons, like waiting for something to happen or coping with a minor injury.



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Reviews

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This ebook is wonderful. I have got to go through and so I am certain that I am going to likely to read through once again again later on. You will like the way the article writer compose this ebook.

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