

Always Maintain a Joyful Mind (Book and CD): And Other Lojong Teachings on Awakening Compassion and Fearlessness

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For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chodron introduces these transformative teachings and offers guidance on how to make them part of our everyday lives.

The lojong teachings include: "Always maintain only a joyful mind." "Don't be swayed by external circumstances." "Don't be so predictable." and "Be grateful to everyone." Each slogan is followed by Pema Chodron's accessible and succinct commentary on how to understand and apply it.

This book also features a forty-five-minute audio program entitled "Opening the Heart," in which Pema Chodron offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

Pema Chodron is an American Buddhist nun in the lineage of Chogyam Trungpa. She is 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*. This recording of a seminar by Pema Chodron is a brief introduction to a set of Tibetan pith teachings referred to as lojong. The seminar, *Opening the Heart*, introduces the use of lojong as a basis for meditation and a tool for awakening compassion within oneself as one deals with daily challenges. Chodron's teaching is clear and articulate. There is a small amount of audience feedback in the background, which is a reminder that this is not a studio recording despite the clear sound quality. The CD ends with a meditation led by Chodron. The program is accompanied a book that contains the 59 pith slogans of lojong, each with a brief commentary. J.E.M. AudioFile 2008, Portland, Maine-- Copyright AudioFile, Portland, Maine

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