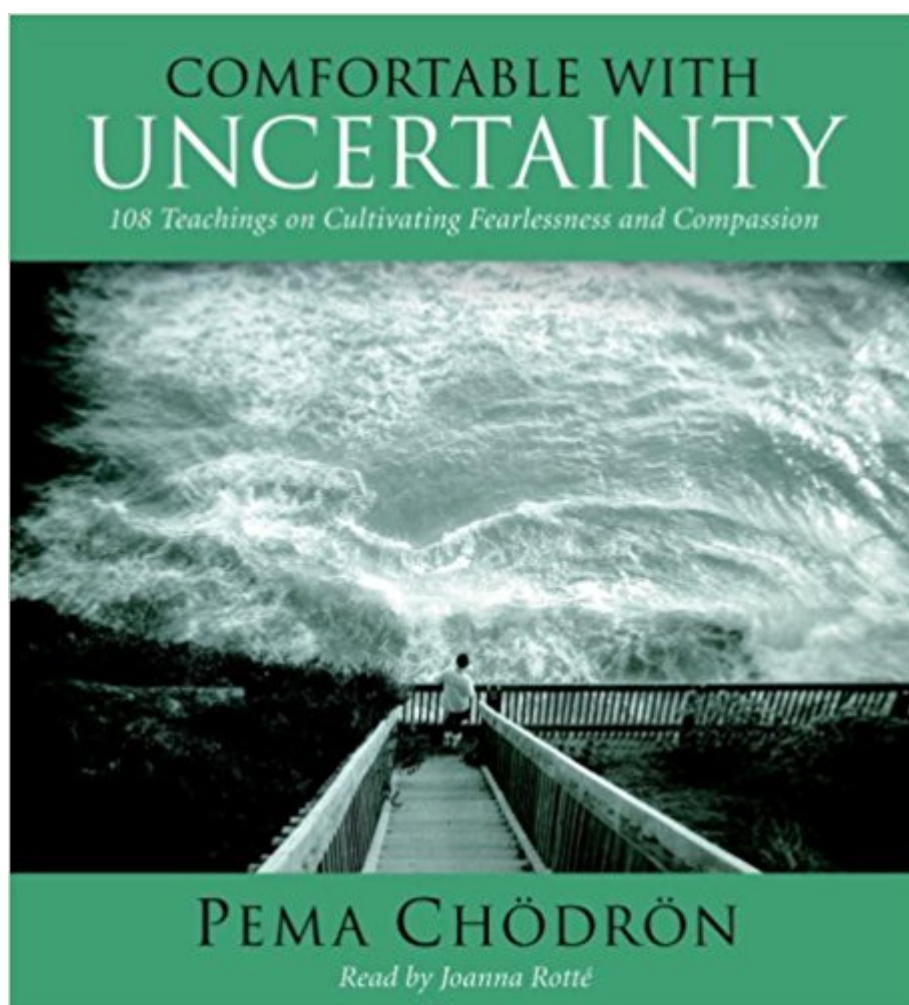


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Comfortable With Uncertainty: 108 Teachings On Cultivating Fearlessness And Compassion



Synopsis

Comfortable with Uncertainty offers short, stand-alone teachings designed to help us cultivate compassion and awareness amid the challenges of daily living. Gleaned from Pema Chödrön's best-selling books, these passages explore topics of loving-kindness, mindfulness, "nowness," letting go, and working with painful emotions. They also offer meditation instructions for heightening awareness and overcoming habitual patterns that block happiness. By the end of the cycle of teachings, the listener will have completed the basic training for becoming a "warrior-bodhisattva," one who courageously takes up the path of awakening compassion. 3 CDs, 3 ½ hours, unabridged.

Book Information

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Customer Reviews

Comfortable with Uncertainty reads like a perfect companion guide to the traditional 108-day Buddhist retreat. In a day-by-day format, author Pema Chödrön dives into the soothing wisdom of Tibetan Buddhism, reminding us that groundlessness is the only ground we have to stand on. Each of her 108 teachings are brief (about two pages), and all of them are excerpted from longer discussions in Chödrön's previous bestselling books (The Places That Scare You and When Things Fall Apart). Nonetheless, newcomers as well as seasoned fans of Chödrön's writing will glean much from this training program for becoming a "warrior bodhisattva"--a term which, simply put, means one who aspires to act from an awakened heart. Gradually, Chödrön guides readers beyond the tunnel vision of the self, expanding outward to include compassion for all of humanity. In the 12th teaching, "The Root of Suffering," Chödrön writes: "What keeps us unhappy and stuck in

a limited view of reality is our tendency to seek pleasure and avoid pain, to seek security and avoid groundlessness, to seek comfort and avoid discomfort." In the 77th teaching, "Cool Loneliness," she suggests that the next time readers wake up in the morning feeling the "heartache of alienation" they try to "relax and touch the limitless space of the human heart." By the 101st teaching, Chöndrön speaks to "taking refuge in the Sangha," meaning becoming warriors who are not only committed to taking off their own armors of self-pity, but are also committed to gently helping others do the same. Student warriors will also appreciate the glossary, bibliography, and resource guide in the back. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

â œGently, conversationally, and with humor, *Comfortable with Uncertainty* offers strategies for seeing and thinking differently. For many people the approach is nothing less than transformational.â •â "Boston Globe

This book covers the subject of the inevitable uncertainty very nicely. We normally want to know that things are going well and there is no crisis looming and life is dependable and secure. Surprise... Nothing about life is stable. That's an ever changing scene and change is bound sometimes to bring challenges with it. Should we be paranoid because of that? - No... Only know that for almost any challenge in your life, you can also find in you the strength, creativity and resources to manage the situation, and if things really break like a breakup from your significant other, or financial downturn, or health issues or even death of a close person, we should trust that there is a light at the other end of the tunnel (and that it's not an oncoming train). Ask anyone who is 30, 40, 50 if their life was easy-sailing and not a single person will say Yes. Yet they are all there, learned from their experiences and are moving along. Should things turn for the worse in a big way? - That may become the opening for you to go 'beyond' - beyond the egoic mind and pain-body and into a realm of living and accepting the moment as it is. See *The Power of Now* for example, by Eckhard Tolle, and many of his videos on YouTube.

One of the best, simple, most practical and accessible books for understanding the Buddhist practices of turning our habitual responses to the world on their heads! I take two books everywhere I go, especially if I expect to be challenged by old patterns of reacting or if I am going to be around people who I know, from experience, are challenging for me to be around. This book is one of them and the other book is: *Training the Mind and Cultivating Loving-Kindness* by Chogyam Trungpa (Pema Chodron's teacher).

http://www..com/Training-Cultivating-Loving-Kindness-Chogyam-Trungpa/dp/1590300513/ref=sr_1_4?s=books&ie=UTF8&qid=1425270750&sr=1-4&keywords=TRUNGPA

In a tumultuous world in which we are all living right now, with daily headlines of violence and mistrust in our communities and our leaders, these solid and ancient teachings are a collection of enabling us to each return to what is really important in order to exist AND co-exist with others in peace & compassion. I would highly recommend this to anyone who is either searching for tools to find a more grounded energy in his/her daily life or someone who is a chronic worrier. These Buddhist principles outline the philosophies and attitudes that can hopefully encourage each of us to find a level of loving-kindness for ourselves, and then expand that to those around us - even our perceived enemies.

This is my first time writing a review because this book fundamentally changed my life and I hope others can experience the same. Whether a beginning buddhist, a lifelong learner, or just a person looking to find some peace in life this book can truly refresh and rejuvenate the spirit. It has practical approaches to living peacefully and gently accepting yourself and the world. It reminds us of our shared humanity and interconnectivity. It is not religious or dogmatic but rather an inspiring, practical workbook written in one page to one and a half page lessons. I read one each day with my coffee before starting the day. Please share this with yourself and others.

This is one of the best books I've ever read; I read it every night. Very succinct teachings on Buddhist principles. I continue to give this book away as gifts to numerous people, and they all are very grateful for the insight and wisdom from the teachings.

Great book for after weekly group practice sessions, as the chapters are very short, the language simple, and most are independent of the order you read them in. Nice tidbits that can produce lengthier discussions. Also would make a good chapter-a-day post meditation book to remind a skilled practitioner about various aspects of the practice. However, for reading through from start to finish, those same qualities make this book great in those contexts make it seem disjointed. Pema Chodron also introduces many relatively advanced meditation practices without the context or specificity to truly guide someone new to the practice to perform them correctly. This is less the coherent self-help tome you might expect and more a potpourri of various Buddhist principles to provoke and remind.

This is about the 5th copy of this book I have purchased because I am unwilling to live without my copy. I consistently reference this when anything I am unwilling to deal with comes up, when my kids need support, anytime I want some supportive words from Ani Pema. A great reference to open and find just what you need. I've read it cover to cover several times over difficult periods of my life. It helps me be with what is so and have compassion for myself and others. Wonderful book.

My mother was critically ill, my husband unemployed, and I was sick from stress. I am not a very religious person in the conventional sense but this book is not conventional religion. I read it while I sat with my mother in hospice and I ordered it for my father to read after her death. Not much can help at times like these but learning to deal with life how it is rather than asking some higher power to save you resonates much better with me and that is what this book is about. It helps you to be compassionate towards others and yourself. I will reread it as I continue to work through my grief and I know it would be a help to anyone even if they are not going through something as life-changing as I am.

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