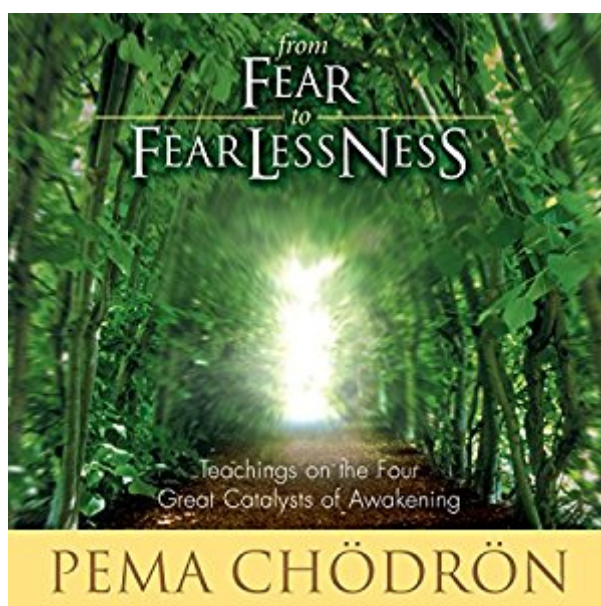


The book was found

# From Fear To Fearlessness: Teachings On The Four Great Catalysts Of Awakening



## Synopsis

Where will we look when we are afraid? How do we find strength? In what can we place our trust? According to Tibetan Buddhism, there are four noble aspirations, known as the Four Great Catalysts of Awakening, which we can call on to cultivate strength and openness in any situation. From Fear to Fearlessness brings us into the company of beloved teacher Pema Chödrön to discover and cultivate these four immeasurables: maitri (loving-kindness), compassion, joy, and equanimity. They are our greatest antidote to fear, teaches Ani Pema. By practicing them, we begin to experience a supreme steadfastness and peace independent of conditions. Join the best-selling author of *When Things Fall Apart* to learn: How self-acceptance overcomes the judging mind Using honesty as a conduit to the parts of ourselves that need kindness and love the most Maitri: the meditation practice that multiplies love And more!

## Book Information

Audible Audio Edition

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## Customer Reviews

If you like Pema Chodron, you will probably really like this presentation. At this point in my life, it just doesn't connect with where I am. Will pass it on to someone who will appreciate and get more from it than I have at present.

This is a wonderful CD. First, hearing Pema speak is delightful, her wisdom spoken in a kind soft voice teaches me something every time I listen.

I listen to Pema Chodron almost every day. She is an inspiration and I find her voice and thoughts very soothing. I've found I view the world differently after listening to her Buddhist teachings. She is wonderful.

I revisit these teachings every few months and always deepen my understanding and/or discover something new. One needs to combine that with consistent practice of the teachings - finding out for oneself with this for guidance.

everyone should own this

Pema can do no wrong.

Very satisfied with the product. Good savings. Arrived very promptly and in excellent condition.

Boring, self-absorbed. But would be great to play while pretending to meditate.

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