

## Pema Chodron 2018 Wall Calendar Awakening The Heart A Year Of Inspirational Quotes

Change Your Words, Change Your World There are hundreds of books, workshops, and classes that teach us how to communicate effectively with others, but very few of us pay attention to how we speak to ourselves. Best-selling author and communication expert Cynthia Kane believes this is a problem, and she is sounding the alarm! Kane writes that there is an unreported epidemic of negative self-talk in our culture today. Many of us speak to ourselves in demeaning and hurtful ways, using language we would never use with anyone else. To make matters worse, we often don't even realize when we are doing this, as these old mental tapes play in repeating loops without our awareness. In *Talk to Yourself Like a Buddhist*, certified mindfulness and meditation instructor Cynthia Kane introduces the Middle Path of Self-Communication, which consists of five mindful practices—Listen, Explore, Question, Release, and Balance—all of which are grounded in Buddhist principles. This book will show you how to: Identify your negative self-talk and explore the underlying self-judgments that produce it Release the judgments that are poisoning your self-communication Practice a system of balanced internal communication based on truth and compassion When we speak to ourselves negatively, we set a tone for our day and our interactions with others in the world. *Talk to Yourself Like a Buddhist* can teach you how to turn off the enemy in your mind—and create a new relationship with yourself and the world around you—simply by noticing, investigating, and changing the words you use to speak to yourself.

An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

Over the years, Pema Chödrön's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In this new book, she invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living. In *No Time to Lose* Chödrön reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* ( *Bodhicharyavatara*), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the key to healing ourselves and our troubled world. Chödrön offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives. Full of illuminating stories and practical exercises, this fresh and accessible guide shows us that the path of the bodhisattva is open to each and every one of us. Pema Chödrön urges us to embark on this transformative path today, writing, "There is no time to lose—but not to worry, we can do it."

Painting can be so much more than a mere hobby - it can be a vehicle transforming your mind, body, and spirit! Painting and bravely embracing the challenges of creativity sparks a revolution that involves heart, creativity, courage, and trust! Artistic pursuits such as painting have the power to soothe, heal, and connect a person to their truest self. For author Flora Bowley, making art and expressing herself creatively have always served as potent forms of personal evolution and holistic healing. *Creative Revolution* is the reader's key to unlocking the door to their own personal journey while making beautiful art. *Creative Revolution* is the culmination of Flora's life's work as an artist, offering guidance for others to embrace their authentic selves through paint. She has taught more than sixty workshops since she wrote her first book, *Brave Intuitive Painting*, and has witnessed miraculous things when people engage with the intuitive painting process. *Creative Revolution* is the next best thing to taking a course from Flora. Many readers and students can't help but exclaim, "This was about so much more than painting!" After reading *Creative Revolution*, readers will have a deeper connection to their intuition, increased confidence to make bolder choices, freedom to let go and explore various options, an understanding that everything is transformable, the trust that it will all work out in the end, and a renewed sense that creating can be fun and playful. All of this powerful transformation begins with paint. Flora has been writing and reflecting on these transformational aspects of the creative process for years. *Creative Revolution* is an insightful and practical guide for realizing the transformational power of fully embracing your creativity.

This marvelous book, borne of a unique collaboration between Dr. Allen Schoen—a world-renowned veterinarian and author—and trainer and competitor of many years Susan Gordon, introduces the 25 Principles of Compassionate Equitation. These Principles, conceived by Dr. Schoen and Gordon, are a set of developmental guidelines, encouraging a level of personal awareness that may be enacted not only through the reader's engagement with horses, but can be extended to all humans and sentient beings he or she encounters. The 25 Principles share stories and outline current, peer-reviewed studies that identify and support methods of training, handling, and caring for horses that constitute a safe, healthy, non-stressful, and pain-free environment. Through their Compassionate Equestrian program, the authors encourage all involved in the horse industry to approach training and handling with compassion and a willingness to alleviate suffering. By developing deeper compassion for their own horses, and subsequently, all equines, equestrians transcend their differences in breed preferences, riding disciplines, and training methodologies. This leads to the ability to empathize and connect more closely with the " global collective " of horses and horse people. In doing so, a worldwide community of compassionate equine practitioners and horse owners will emerge, which will not only benefit the horses: People involved with horses are found in many influential segments of society and have the potential to affect wide circles of friends, acquaintances, and co-workers from every walk of life. These are simple changes any horse person can make that can have a vast impact on the horse industry and society as a whole.

52 Illustrated Practices for a Peaceful and Open Mind

A Practical Guide to Making Friends with Your Mind

Don't Unplug

Onward

The Guru Cult of Tibetan Buddhism

How to Meditate

How to Be a Wildflower

How to Create Whimsical Homes for Fairy Folk

**A collection of short inspirational readings by “one of the world's wisest women” and author of When Things Fall Apart (O, the Oprah Magazine) Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.**

**An empowering journey that keeps great teachers in the classroom The Onward Workbook is a collection of tools and strategies that help teachers banish the burnout and cultivate true resilience. Keyed to the framework presented in Onward, this companion piece augments the text with practical exercises, coaching, and step-by-step walkthroughs of beneficial practices. Deep introspection allows you to verbalize your feelings, name your challenges, and identify the tools you have and the tools you need—from there, you’ll explore each of the 12 Key Habits and learn how to put them into practice every day. In cultivating resilience within yourself and your teaching practice, you improve your health, your outlook, and your relationships while building an environment in which every child succeeds. This workbook takes you on a journey of specific self-discovery that changes your perspective, renews your confidence, and empowers you to make the much-needed changes that allow you to continue inspiring young minds. Dig deeper within to discover what you’re truly made of Decode complex emotions, body language, and nonverbal communications Challenge your beliefs, build community, and navigate difficult interactions Learn more, feel more, play more, and practice effective self-care Resiliency is an underrated skill—one that can make all the difference in our schools. Challenges will always arise, but it is your response that dictates the outcome. Can you think of a more important lesson for your students? When some 70 percent of teachers quit within their first five years, it is clear that changes must be made. The Onward Workbook equips you to make the changes that you can, and flourish into the future. While this book can be used by individuals, it is also designed so that groups, teams, departments, or an entire staff can take up the learning together. There are specific suggestions in the workbook for using this with a group, and educators will reap even more reward from discussing the practices and experiences with colleagues.**

**Featuring a new foreword by Pema Chödrön, this Tibetan Buddhist classic explores the meaning of freedom and how we can attain it through meditation Freedom is generally thought of as the ability to achieve goals and satisfy desires. But what are the sources of these goals and desires? If they arise from ignorance, habitual patterns, and negative emotions, is the freedom to pursue these goals true freedom—or is it just a myth? In The Myth of Freedom and the Way of Meditation, Chögyam Trungpa explores the true meaning of freedom, showing us how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He also explains how meditation can bring into focus the causes of frustration, and how these negative forces can aid us in advancing toward true freedom. Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of contemporary American culture makes this book one of the best, most accessible sources of the Buddhist doctrine ever written.**

**Best-selling American Buddhist nun Pema Chödrön presents a friendly and encouraging guide to spiritual practice for all those who want to take up the path of the bodhisattva—one who aspires to live life with courage, generosity, patience, fearlessness, and compassion. The Way of the Bodhisattva has long been treasured as an indispensable guide to enlightened living, offering a window into the greatest potential within us all. Written in the eighth century by the scholar and saint Shantideva, it presents a comprehensive view of the Mahayana Buddhist tradition’s highest ideal—to commit oneself to the life of a bodhisattva warrior, a person who is wholeheartedly dedicated to the freedom and common good of all beings. And it has inspired many of the tradition’s greatest teachers, providing a remarkable source of insight on the means by which we may heal ourselves and our troubled world. These essential teachings present the core of the Buddhist path, from cultivating deep-seated confidence to infusing one’s life with selflessness, joyfulness, kindness, and compassion. Pema Chödrön here invites you to journey more deeply into this liberating way of life, presenting Shantideva’s text verse-by-verse and offering both illuminating stories and practical exercises to enrich the text and bring its timeless teachings to life in our world today. Previously published under the title No Time to Lose.**

**"War and peace begin in the hearts of individuals," declares Pema Chodron in her inspiring and accessible new book, which draws on Buddhist teachings to explore the origins of aggression and war.**

**Wise Advice for Leaning into the Unknown**

**Living with Wisdom and Compassion**

**The Mindful Way to Study**

**Welcoming the Unwelcome**

**The Pocket Pema Chodron**

**Train Your Mind for Peace and Purpose Every Day**

## Seven Thousand Ways to Listen

### Love Hurts

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

It can be hard for those of us living in the twenty-first century to see how fourteenth-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.

A practical framework to avoid burnout and keep great teachers teaching *Onward* tackles the problem of educator stress, and provides a practical framework for taking the burnout out of teaching. Stress is part of the job, but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill, things have gone too far. Unsurprisingly, these effects are highest in difficult-to-fill positions such as math, science, and foreign languages, and in urban areas and secondary classrooms—places where we need our teachers to be especially motivated and engaged. This book offers a path to resiliency to help teachers weather the storms and bounce back—and work toward banishing the rain for good. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching. You'll learn how a simple shift in mindset can affect your outlook, and how taking care of yourself physically, mentally, and emotionally is one of the most important things you can do. The companion workbook helps you put the framework into action, streamlining your way toward renewal and strength. Cultivate resilience with a four-part framework based on 12 key habits. Uncover your true self, understand emotions, and use your energy where it counts. Adopt a mindful, story-telling approach to communication and community building. Keep learning, playing, and creating to create an environment of collective celebration. By cultivating resilience in schools, we help ensure that we are working in, teaching in, and leading organizations where every child thrives, and where the potential of every child is recognized and nurtured. *Onward* provides a step-by-step plan for reigniting that spark.

A step-by-step guide to healing the past and reclaiming your voice, *Soul Wounds* teaches skills for living a joyful and purposeful life. Painful early experiences teach us to see ourselves as less than or damaged, resulting in choices that keep us feeling small and unfulfilled. We end up in draining relationships, unsatisfying jobs, and become disconnected from our authentic selves. Join seasoned therapist, Dr. Candice Creasman on a journey of awareness, compassion, and change. You will learn proven strategies to identify the source of your wounds, develop self-compassion, and find purpose and meaning. "I highlighted all of page 15. This could have saved me a lot of therapy and my first marriage and divorce." Debra "This book has been eye opening to me. I have been on a winding journey the last few years and am searching diligently now for answers to questions like, 'How did I get here?' and 'What can I do with my experiences that will help others?' *Soul Wounds* is helping me formulate concrete answers and actions. Learning about shame and where it comes from was powerful and a key component in healing my *Soul Wounds*. Thank you, Candice, for being a truth warrior and giving this survivor hope." Ally "My biggest problem is not being able to express myself with friends and family. Your book has enabled me to write about some of my fears and anxieties, but also positive things about myself." Ellen

Based on talks given during a one-month meditation retreat at Gampo Abbey, this book contains teachings that were intended to inspire and encourage practitioners to remain wholeheartedly awake to everything that occurs and to use the abundant material of daily life as their primary teacher and guide. The message for the retreat participants—and for the reader as well—is to be with oneself without embarrassment or harshness. This is instruction on how to love oneself and one's world. This *Shambhala Pocket Classic* is an abridged version of *The Wisdom of No Escape*.

*The Wisdom of No Escape*

Teachings for Awakening the Heart

Always Maintain a Joyful Mind

How Technology Saved My Life and Can Save Yours Too

Mindful Birthing

Pema Chödrön's Compassion Cards

Cultivating Emotional Resilience in Educators

Wholehearted Living in a Brokenhearted World

*From the bestselling author of When Things Fall Apart, an open-hearted call for human connection, compassion, and learning to love the world just as it is during these most challenging times. In her first new book of spiritual teachings in over seven years, Pema Chödrön offers a combination of wisdom, heartfelt reflections, and the signature mix of humor and insight that have made her a beloved figure to turn to during times of change. In an increasingly polarized world, Pema shows us how to strengthen our abilities to find common ground, even when we disagree, and influence our environment in positive ways. Sharing never-before told personal stories from her remarkable life, simple and powerful everyday practices, and directly relatable advice, Pema encourages us all to become triumphant bodhisattvas--compassionate beings--in times of hardship. Welcoming the Unwelcome includes teachings on the true meaning of karma, recognizing the basic goodness in ourselves and the people we share our lives with--even the most challenging ones, transforming adversity into opportunities for growth, and freeing ourselves from the empty and illusory labels that separate us. Pema also provides step-by-step guides to a basic sitting meditation and a compassion meditation that*

*anyone can use to bring light to the darkness we face, wherever and whatever it may be.*

*When her granddaughter was accepted to Naropa University, the celebrated author Pema Chödrön promised that she'd speak at the commencement ceremony. Fail, Fail Again, Fail Better contains the wisdom shared on that day. "What do we do when life doesn't go the way we hoped?" begins Pema "We say, 'I'm a failure.'" But what if failing wasn't just "okay," but the most direct way to becoming a more complete, loving, and fulfilled human being? Through the insights of her own teachers and life journey, Pema Chödrön offers us her heartfelt advice on how to face the unknown—in ourselves and in the world—and how our missteps can open our eyes to see new possibilities and purpose. For Pema's millions of readers, prospective graduates, or anyone at a life crossroads, this gem of clarity and reassurance is sure to find a welcome place in many a kitchen, office, and backpack.*

*Immerse yourself in the enchanted fantasy world of Kinuko Y. Craft, celebrated contemporary illustrator, painter, and storyteller. Transcend time and space as you color to life these gorgeous illustrations of goddesses, angels, fairies, princesses, heroes, and mythological creatures. Craft's vast body of work includes award-winning illustrated books of classic fairy tales and cover art for fantasy novels.*

*The Buddha's teachings center around two basic principles. One is the Four Noble Truths, in which the Buddha diagnoses the problem of suffering and indicates the treatment necessary to remedy this problem. The other is the Noble Eightfold Path, the practical discipline he prescribes to uproot and eliminate the deep underlying causes of suffering. The present book offers, in simple and clear language, a concise yet thorough explanation of the Eightfold Path. Basing himself solidly upon the Buddha's own words, the author examines each factor of the path to determine exactly what it implies in the way of practical training. Finally, in the concluding chapter, he shows how all eight factors of the path function in unison to bring about the realization of the Buddhist goal: enlightenment and liberation.*

*Showcases the rescued horses at twenty North American sanctuaries, with photographs of former champions and retired workhorses at leisure while out in the fields.*

*A Field Guide*

*The Way to the End of Suffering*

*Talk to Yourself Like a Buddhist*

*108 Teachings on Cultivating Fearlessness and Compassion*

*25 Principles to Live by When Caring for and Working with Horses*

*A Guidebook for Compassionate Action*

*The Forgotten Horses*

*Five Mindful Practices to Silence Negative Self-Talk*

The revered Buddhist teacher and author of When Things Fall Apart presents the lojong teachings and the ways in which they can enrich our lives. Welcome compassion and fearlessness as your guide, and you'll live wisely and effectively in good times and bad. But that's easier said than done. In The Compassion Book, Pema Chödrön introduces a powerful, transformative method to nurture these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. For centuries, Tibetan Buddhists have relied on these teachings to awaken the deep goodness that lies within us. The lojong teachings include fifty-nine pithy slogans for daily contemplation, such as "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't try to be the fastest," and "Be grateful to everyone." This book presents each of these slogans and includes Pema's clear, succinct guidance on how to understand them—and how they can enrich our lives. It also features a forty-five-minute downloadable audio program entitled "Opening the Heart," in which Pema offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart, from bestselling author Pema Chodron. With insight and humour, she presents down-to-earth guidance on how to make friends with ourselves and develop genuine compassion towards others.

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. The Buddha and the Borderline is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

Enthralled: The Guru Cult of Tibetan Buddhism exposes the real story behind the recent scandals regarding Shambhala International, and Rigpa International, and their head Lamas: Sakyong Mipham and Lama Sogyal Rinpoche, whose egregious sexual abuses have been all over the western mainstream news in the 2017-2018 news cycle. Forcing these lamas to extricate themselves to parts unknown. Enthralled reveals how this is only the 'tip- of- the iceberg' of what lies beneath the smiles of these Tibetan lamas. Chandler's book examines: The history of Tibetan Lamaism and its institutionalized sexual exploitation of young females for the higher practices of the lamas. How the institution of Tulkus, i.e. recognized 'living Buddhas' by the Lamaist hierarchy, ensures a rigid, autocratic, despotic fundamentalism, that is potentially abusive and repressive to everyone; including the little boys who are groomed by Lamaism to be their 'tulkus'; their brand names. How their Tibetan "Buddhism' is really Lamaism, that meets all the criteria of cult-experts' criteria of what makes a cult a cult, and how Tibetan Lamaist guru yoga practices are the most dangerous of all their cult techniques. How the Tantric roots of the mindfulness movement, originated with two of Trungpa's students and the Dalai Lama's Mind and Life Institute. How the first and second generation of western Tibetan Buddhists have infiltrated into all aspects of western culture, in particular with their mindfulness movement, that teaches people 'not to

judge' things they should judge as wrong or bad for themselves, and the health of their nations. How the Kagyu Lamaist sect of Tibetan Buddhism, the most popular in the West, is now allied with both the Chinese Communist Government and a western corporate, Gaia movement of faux-environmentalism, faux-feminism, and faux-liberal ideas to help create a future global citizenship. With experienced analysis, extensive documentation, and a fact-filled, personal narrative, *Enthralled: The Guru Cult of Tibetan Buddhism* delves deep into the dangers this spread of Tantra, by stealth, poses to our nation states and our western democratic freedoms over time.

In *Seven Thousand Ways to Listen*, Nepo offers ancient and contemporary practices to help us stay close to what is sacred. In this beautifully written spiritual memoir, Nepo explores the transformational journey with his characteristic insight and grace. He unfolds the many gifts and challenges of deep listening as we are asked to reflect on the life we are given. A moving exploration of self and our relationship to others and the world around us, *Seven Thousand Ways to Listen* unpacks the many ways we are called to redefine ourselves and to name what is meaningful, as we move through the changes that come from experience and ageing and the challenge of surviving loss. Filled with questions to reflect on and discuss with others, and meditations on how to return to what matters throughout the day, this enlightening book teaches us how to act wholeheartedly so we can inhabit the gifts we are born with and find the language of our own wisdom. *Seven Thousand Ways to Listen* weaves a tapestry of deep reflection, memoir and meditation to create a remarkable guide on how to listen to life and live more fully.

Personal Transformation through Brave Intuitive Painting

An Enchanted Fantasy Coloring Book

Ani Trime's Little Book of Affirmations

and the Path of Loving-Kindness

Emergent Strategy

Buddhist Advice for the Heartbroken

Think Like a Monk

Don't Believe Everything You Think

*In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.*

*Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his resume?, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.*

*Learn how to craft breathtaking fairy homes exclusively from elements found in nature, step by step, from master fairy house architect Sally J. Smith—photos of dozens of her magical miniature creations provide abundant inspiration for crafters and fantasy fanciers interested in a creative challenge. Imagine a fairy home that has dragonfly wings as stained-glass windows, twigs for window frames, birch bark for walls, and dried mushrooms for shingles—with Fairy Houses, you can create one in your own garden. Browse gorgeous photographs of fairy houses in nature, then: Design your home following the outlined steps Gather tools and materials Create magical fairy house components, including*

*intricately detailed doors and windows Put it all together to create your own unique fairy house Add lighting and interiors Add finishing touches, like a bark roof covering or a stone pathway The final chapter gives step-by-step photo instructions on how to construct two different fairy homes. Both an inspiring gallery of art and a practical how-to guide, Fairy Houses will open new doors of creativity for you as you are transported to the magical realm where fairies live.*

*More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover:*

- The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness*
- Gentleness, patience and humor – three ingredients for a well-balanced practice*
- Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises*
- Thoughts and emotions as “sheer delight”– instead of obstacles-in meditation*

*Here is a indispensable book from the meditation teacher who remains a first choice for students the world over. Ani Pema Chödrön is an American-born Tibetan Buddhist nun and best selling author. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren. The ability to pay attention is a key component of effective learning. Just think of all the times in your life when parents, teachers, bosses, and coaches have told you to pay attention to what you are doing. You would think that with all of the attention paid to paying attention, we would be pretty good at it. The problem is we're not, because most of us have never been taught how. Commonly adopted methods like forced concentration are actually counterproductive to learning and achieving our goals. In addition, too much focus on future goals and rewards takes our attention away from what we need to be doing in order to achieve them. Luckily, there is another way, a better way: the mindful way. The Mindful Way To Study: Dancing With Your Books is a guide to help students, professionals, and other lifelong learners develop a better approach to their educational and career pursuits. By using mindfulness, or the practice of bringing full awareness to the present moment, the authors blend the latest research with entertaining stories and specific techniques to teach readers how to truly pay attention, and even learn to enjoy it.*

*A Guide to Healing, Empowerment, and Wholehearted Living*

*The Buddha and the Borderline*

*My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and*

*2022 Weekly Planner*

*Enthralled*

*Creative Revolution*

*The Noble Eightfold Path*

*Becoming Bodhisattvas*

The “down-to-earth, unsentimental, [and] high-humored” Pema Chödrön classic on learning to face our lives just as they are (Los Angeles Times) It's true, as they say, that we can only love others when we first love ourselves—and we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: we must learn to open ourselves up to life in all its manifestations. Here, spiritual teacher and When Things Fall Apart author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having “no escape” from the ups and downs of life. Drawing from her own experiences with marriage, divorce, motherhood, and more, Pema reveals that when we embrace the happiness and heartache, the inspiration and confusion—all the twists and turns that are part of natural life—we can begin to discover a true wellspring of courageous love that's been within our hearts all along. As she writes in chapter four: “Our neurosis and our wisdom are made out of the same material. If you throw out your neurosis, you also throw out your wisdom.”

Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: Don't Unplug shows us how we too can transform our lives.

The Wisdom of No Escape and the Path of Loving-Kindness Shambhala Publications

59 beautifully designed cards on the classic Buddhist practice of lojong for everyday inspiration and contemplation--with instructive commentaries by Pema Chödrön 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 Chödrön 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.

This beautiful little volume combines 52 accessible and open-hearted affirmations from the beloved Tibetan Buddhist teacher Ani Trime with illustrated interpretations from a wide range of popular contemporary artists.

Daily Activities to Cultivate Your Emotional Resilience and Thrive

The Onward Workbook

The Myth of Freedom and the Way of Meditation

Shaping Change, Changing Worlds

Practicing Peace in Times of War

A Timely Guide to the Way of the Bodhisattva

Dancing with Your Books

Teachings for Awakening the Heart in Everyday Life

The author of *When Things Fall Apart* reveals the meaning behind 59 Buddhist teachings and how you can use them as touchstones for daily living. For centuries Tibetan Buddhists have relied on a collection of 59 pithy teachings—called lojong in Tibetan—to help them develop wisdom and compassion amid the challenges of daily living. In this book, Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. Each lojong, or slogan, is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it. The lojong teachings include: · "Always maintain only a joyful mind." · "Don't be swayed by external circumstances." · "Don't be so predictable." · "Be grateful to everyone." Inside *Always Maintain a Joyful Mind* readers will also find a link to an online audio program entitled "Opening the Heart." Here, Pema Chödrön offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

A field guide to finding calm, creativity, and self-discovery through encounters with nature. A fresh perspective, an outdoor exploration, a new adventure about to begin—*How to Be A Wildflower* is a book for celebrating these and other wide-open occasions. Encouraging self-discovery through encounters with nature, beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make, quotes, meditations, natural history, and more. Find wisdom and inspiration in these peaceful pages, live life to the fullest, and discover the wild and free spirit within. "For pure whimsy, you just can't beat *How to Be a Wildflower: A Field Guide* by Katie Daisy. The Bend, Oregon, artist brings her beautiful paintings and lettering to this delightful book, a collection of nature-inspired quotations, meditations, lore, and even a recipe for fresh strawberry-rhubarb pie." —Traditional Home

Boost your weekly activity the 2022 Weekly Planner Pink Floral design by RM Designs. This dated agenda features a place to take notes, organize your priorities, appointments, important dates and goals. Monday through Friday 12 month calendar 8.5x11

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Inspired by the Buddhist tradition of the 108-day retreat, a Tibetan Buddhist nun offers instruction and meditations for achieving compassion and awareness in everyday living.

Awakening Loving-Kindness

Fail, Fail Again, Fail Better

The Compassion Book

No Time to Lose

Staying Close To What Is Sacred

And Other Lojong Teachings on Awakening Compassion and Fearlessness

The Beauty of America's Unwanted Horses

Start Where You Are: How to accept yourself and others

The American Buddhist nun and author of the best-selling *When Things Fall Apart* counsels readers on how to live compassionately and well during times of instability, demonstrating the use of the Three Commitments practice to promote relaxation, embrace challenges and refraining from doing harm.

The Compassionate Equestrian

Training the Mind, Body, and Heart for Childbirth and Beyond

Fairy Houses

Soul Wounds

Training the Mind & Cultivating Loving-kindness

Myth & Magic

Living Beautifully with Uncertainty and Change