

Comfortable With Uncertainty 108 Teachings On Cultivating Fearlessness And Compassion Pema Chodron

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Comfortable With Uncertainty 108 Teachings

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Comfortable with Uncertainty is an anthology, broken up into 108 (an auspicious number in almost all Indian spiritual traditions) one-page snippets summarizing important subjects drawn from the author's previous books. This is not dry, academic dharma - while based on and completely congruent with ancient Tibetan Buddhist teachings, these pages comprise the kind of warm, personable, accessible advice for everyday life that American Buddhist nun Pema Chödrön is known for.

Comfortable with Uncertainty: 108 Teachings on Cultivating ...

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.

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— Pema Chödrön, Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion "What you do for yourself, any gesture of kindness, any gesture of gentleness, any gesture of honesty and clear seeing toward yourself, will affect how you experience your world. In fact, it will transform how you experience the world.

Pema Chodron Quotes - Comfortable with Uncertainty: 108 ...

About Comfortable with Uncertainty 108 practical teachings for cultivating mindfulness and compassion in the face of fear and uncertainty, from the author of When Things Fall Apart Comfortable with Uncertainty offers short, stand-alone readings designed to help us cultivate compassion and awareness amid the challenges of daily living.

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