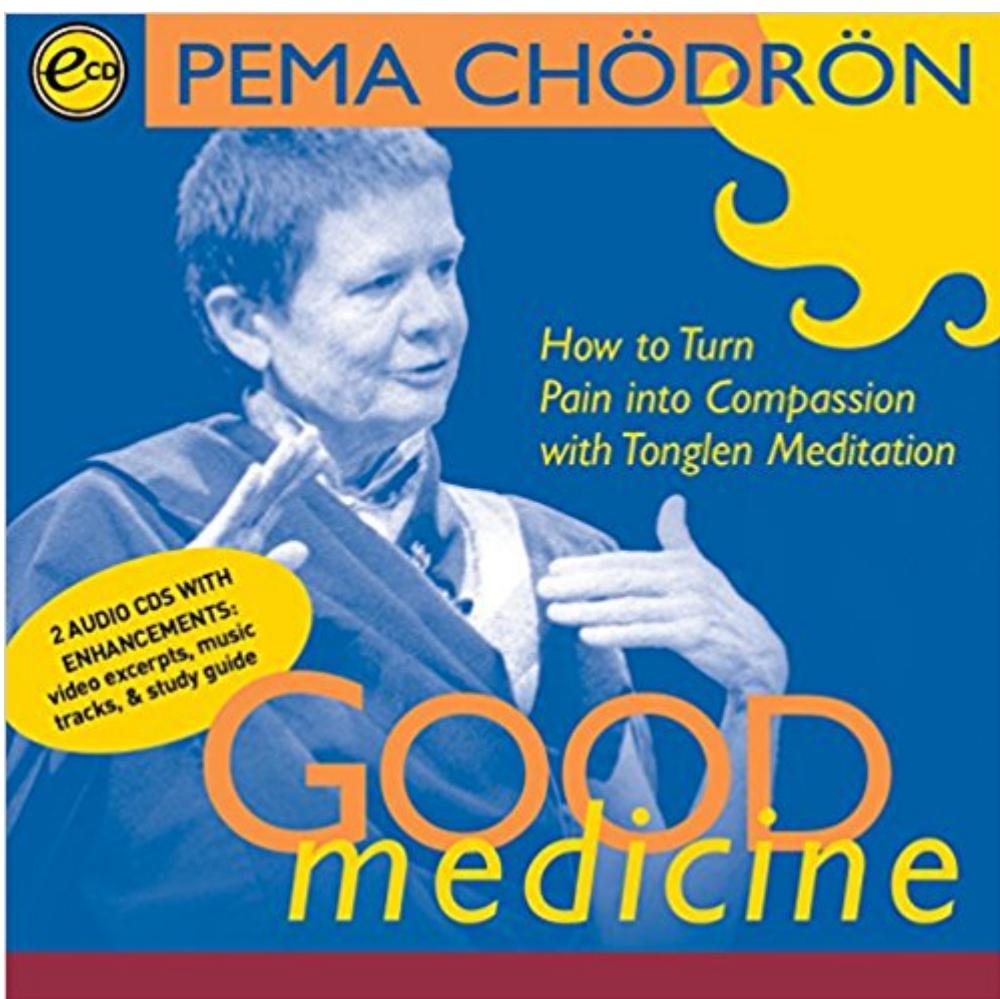


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# Good Medicine: How To Turn Pain Into Compassion With Tonglen Meditation (2 Discs)



## Synopsis

Within the wisdom teachings of Buddhism, there are many stories that refer to its founder as the Supreme Physician, a healer of all illness-mental, physical, and spiritual. The Buddha understood suffering and its antidote, and his prescription and philosophy for right living led directly to a Tibetan meditation practice that is the medicine our modern-day hearts have been searching for.

On *A Good Medicine*, the remarkable American-born Tibetan Buddhist nun Pema Chödrön shares the gift of *tonglen*, a simple and elegant meditation system for ordinary people like ourselves. Through tonglen, we can use the difficulties in life-those that cause the most suffering-as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion. These traditional breathing meditations cut through obstacles on the spot. Skillfully distilled into a two-and-a half-hour workshop, *A Good Medicine* offers a revolutionary practice that is already 1,000 years old-and ready to awaken our hearts today.

## Book Information

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## Customer Reviews

Shares the gift of tonglen, a simple & elegant meditation system "for ordinary people like ourselves."

--This text refers to an out of print or unavailable edition of this title.

Ani Pema Chödrön was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren. While in her mid-thirties, Ani Pema

traveled to the French Alps and encountered Lama Chime Rinpoche, with whom she studied for several years. She became a novice nun in 1974 while studying with Lama Chime in London. His Holiness the Sixteenth Karmapa came to Scotland at that time, and Ani Pema received her ordination from him.

This two cassette tape series of the Tibetan Buddhist teaching of Tonglen is a wonderful companion to the various other tapes and books by Ane Pema Chodron. Her delightful manner creates a welcomed ease for the student when listening to and working with the depth of her teachings and the honored Tibetan lineage she so effortlessly expresses. Having a "beginner's mind," I have enjoyed using these particular tapes to begin my own Tonglen practice as part of my daily commute into San Francisco by bus. All of Pema Chodron's tapes are great personal journeys, each the gift of an individual and self-paced retreat. This series is similar to her Noble Heart series in terms of pacing and format, but gently focusses on the singular practice of Tonglen. This practice has changed me in ways I am only beginning to understand. Until I can run away to Gampo Abbey to study, I will ride my bus in the early morning and breathe in and out.

This is an excellent book that talks above all about unconditional friendship towards one's self as the basis of compassion for authors. In a Christian context, this comes across in the words of Jesus, "love your neighbor AS yourself." What this offers beyond this fine piece of advice are the techniques to get you there. While this book is presented in a Buddhist context, it could be used by anyone whether you are a Buddhist or not. The information is universal and the down-to-earth style of Pema Chodron is easily understandable. She has an excellent sense of humor and positions ideas in a way that is easily digestible for a Westerner. Technically, Pema Chodron is a Tibetan Buddhist nun, but this recording and many of her others have a very practical focus for the average person. It is difficult for me to believe that her tips, insights and these exercises won't be useful for anyone who wants a deeper connection to their heart. The overall idea behind this audio is that growth lies in the direction of fully participating in each moment with as much awareness as possible. This means seeing pain or other difficult states as an invitation to what is called soul in the West. By "showing up" in each moment, we develop a deep compassion toward ourselves and a felt sense of our connection to others. In a more technical sense, the focus of this audio is on Tonglen meditation and related practices. While it is presented in a Buddhist context, much of the esoteric or unusual cultural trappings have been removed from around the essential points and teachings. These practices really are effective and as someone who works with people struggling with all kinds of

problems, I find that these are effective techniques. I also teach meditation and have reviewed many resources on these kinds of topics. In fact, you can see more on my profile. While Tonglen in its most complex form is an advanced practice, this CD is a good start in that direction. I would suggest learning mindfulness and metta meditation first, but you don't necessarily have to. This is also an encouraging CD for those in pain. If you are specifically interested in Tibetan Buddhism and are just getting started, I would also recommend *The Fundamentals of Tibetan Buddhism* and *Buddhism: A Concise Introduction*. These will provide just enough context to make this CD even more meaningful. *The Art of Happiness: A Handbook for Living* and *Destructive Emotions: A Scientific Dialogue with the Dalai Lama* are also complimentary resources.

It is always wonderful to spend time with Pema. No exception here. Here you find (again) her practical powerful help for real life concerns delivered with warm and wise personal optimism. So glad she's with us, and so readily available.

I have listened to the CDs twice now. This was pretty much what I was looking for, only thing I would have liked was a little more instruction on the actual practice- both the formal and informal - for someone who is new to meditation.

Typical Pema Chodron. I have learned so much from this woman and her beautiful soul. She makes difficult subjects so very palatable. I could learn anything from her. When really stressed out, hearing her voice on any of her cds just brings me right back to center and allows me to focus and learn and "stay in the moment". A truly talented voice for the Buddhist way of life. Finding her was a turning point in my spiritual journey.

I love it.

I ordered the CD and it skipped tracks. I got the replacement and it did the same thing. However, the information on the CDs is top notch.

Pema Chodron knows how to be down to earth and her instructions can help anyone meditate and learn Tonglen. She is very helpful.

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