



Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind

Pema Chödrön

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*****How to Meditate Has Been Named One of Library Journal's Best Books of 2013*****

Pema Chodron is treasured around the world for her unique ability to transmit teachings and practices that bring peace, understanding, and compassion into our lives. With *How to Meditate*, the American-born Tibetan nun presents her first book exploring in depth what she considers the essentials for a lifelong practice.

When we look for a meditation teacher, we want someone who has an intimate knowledge of the path. That's why so many have turned to Pema Chödrön, whose gentle yet straightforward guidance has been a lifesaver for both first-time and experienced meditators. With *How to Meditate*, the American-born Tibetan Buddhist nun presents her first book that explores in-depth what she considers the essentials for an evolving practice that helps you live in a wholehearted way.

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
- The Seven Delights-how moments of difficulty can become doorways to awakening and love
- 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 an indispensable book from the meditation teacher who remains a first choice for students the world over.

Part One: The Technique of Meditation

1. Preparing for Practice and Making the Commitment
2. Stabilizing the Mind
3. The Six Points of Posture
4. Breath: The Practice of Letting Go
5. Attitude: Keep Coming Back
6. Unconditional Friendliness
7. You Are Your Own Meditation Instructor

Part Two: Working With Thoughts

8. The Monkey Mind
9. The Three Levels of Discursive Thought
10. Thoughts as the Object of Meditation
11. Regard All Dharmas as Dreams

Part Three: Working With Emotions

12. Becoming Intimate with Our Emotions
13. The Space within the Emotion
14. Emotions as the Object of Meditation
15. Getting Our Hands Dirty
16. Hold the Experience
17. Breaking with the Emotion
18. Drop the Story and Find the Feeling

Part Four: Working with Sense Perception

19. The Sense Perceptions
20. The Interconnection of All Perceptions

Part Five: Opening Your Heart to Include Everything

21. Giving Up the Struggle
22. The Seven Delights
23. The Bearable Lightness of Being
24. Beliefs
25. Relaxing with Groundlessness
26. Create a Circle of Practitioners
27. Cultivate a Sense of Wonder
28. The Way of the Bodhisattva

Excerpt

The mind is very wild. The human experience is full of unpredictability and paradox, joys and sorrows,

successes and failures. We can't escape any of these experiences in the vast terrain of our existence. It is part of what makes life grand—and it is also why our minds take us on such a crazy ride. If we can train ourselves through meditation to be more open and more accepting toward the wild arc of our experience, if we can lean into the difficulties of life and ride of our minds, we can become more settled and relaxed amid whatever life brings us.

There are numerous ways to work with the mind. One of the most effective ways is through the tool of sitting meditation. Sitting meditation opens us to each and every moment of our life. Each moment is totally unique and unknown. Our mental world is seemingly predictable and graspable. We believe that thinking through all the events and to-dos of our life will provide us with ground and security. But it's all a fantasy, and this very moment, free of conceptual overlay, is completely unique. It is absolutely unknown. We've never experienced this very moment before, and the next moment will not be the same as the one we are in now. Meditation teaches us how to relate to life directly, so that we can truly experience the present moment, free from conceptual overlay.

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From reader reviews:

Walter Miller:

Playing with family inside a park, coming to see the sea world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its called reading friends.

Sarah Frigo:

Do you have something that you like such as book? The reserve lovers usually prefer to pick book like comic, small story and the biggest one is novel. Now, why not trying Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind that give your satisfaction preference will be satisfied by reading this book. Reading practice all over the world can be said as the opportunity for people to know world better then how they react when it comes to the world. It can't be explained constantly that reading habit only for the geeky man or woman but for all of you who wants to be success person. So , for all you who want to start examining as your good habit, you may pick Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind become your starter.

Earnest Moss:

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Alice Winfield:

Many people said that they feel uninterested when they reading a guide. They are directly felt that when they get a half portions of the book. You can choose the actual book Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind to make your own reading is interesting. Your personal skill of reading proficiency is developing when you just like reading. Try to choose straightforward book to make you enjoy to learn it and mingle the idea about book and reading through especially. It is to be very first opinion for you to like to start a book and learn it. Beside that the guide Meditation: How to Meditate: A

Practical Guide to Making Friends with Your Mind can to be your brand-new friend when you're feel alone and confuse with the information must you're doing of the time.

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