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The Truth of Our Existence: Four Teachings from the Buddha to Illuminate Your Life

By Pema Chodron

SOUNDS TRUE INC, United States, 2014. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. What would happen if we looked with fresh eyes at the struggles and impossible situations that we face every day-and found there four gifts that changed everything? For decades, Pema Ch?dr?n has brought clarity and heart to the core teachings of the Buddha, helping to make them relevant and useful in our everyday lives. With The Truth of Our Existence, she immerses us in one of Buddhism s essential distillations of written wisdom known as The Four Marks of Existence. These marks that shape all of us, teaches Pema Ch?dr?n, are like forgotten gifts waiting to be found. And while they may ring familiar to some, they hold vast layers of often unrealized understanding to both new and seasoned ears alike. In this four-session learning program, Pema Ch?dr?n illuminates for us: The truth of impermanence and its power to give us strength and courage The truth of egolessness-how it connects us with others and transforms fear and anger into clarity of vision The truth about suffering, how we create it, and what to do when it seems unbearable The truth of...



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Reviews

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-- **Prof. Dan Windler MD**