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# Pema Chodron Start Where You Are

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Touching Peace

Turning the Mind Into an Ally

The Practice of Lojong

Yes to Life

The Color Purple

Comfortable with Uncertainty

Training in Compassion

The Pocket Pema Chödrön

The Seeker's Guide

The Intelligent Heart

Training the Mind & Cultivating Loving-kindness

Radical Acceptance

How to Meditate

Living Beautifully with Uncertainty and Change

Welcoming the Unwelcome

The Compassion Box

When Things Fall Apart

Smile at Fear

Atomic Habits

Start Where You Are: How to accept yourself and others

Practicing Peace in Times of War

When Things Fall Apart: Heart Advice for Difficult Times

Start where You are

Start Where You Are

Always Maintain a Joyful Mind

The Mister Rogers Effect  
Awakening Loving-Kindness  
The Places That Scare You  
How to Connect  
The Wisdom of No Escape  
The Compassion Book  
Becoming Bodhisattvas  
Summary of Pema Chödrön's Start Where You Are  
Fail, Fail Again, Fail Better  
Peaceful Heart  
No Time to Lose  
The Choices I've Made  
Taking the Leap  
The Pocket Thich Nhat Hanh  
The Seven-Point Mind Training

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Chodron*      *Downloaded from*  
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*You Are*                      *by guest*

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## **SHANIA MCKAYLA**

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### Touching Peace

Shambhala

Publications

For many centuries  
Tibetan Buddhists have  
used a traditional  
collection of pithy,  
penetrating slogans to  
help them develop  
equanimity,  
intelligence, and

compassion amid the  
turbulence of daily life.  
This boxed set  
presents all the tools  
needed to learn this  
transformative practice  
(called lojong in  
Tibetan), presented in  
Pema's accessible,  
down-to-earth style.  
The Compassion Box  
contains a set of finely  
produced cards  
presenting fifty-nine  
powerful maxims,  
including "Don't be

swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." The cards can be displayed at work or home for guidance and inspiration throughout the day. On the reverse side of each card Pema offers new, illuminating, and inspiring commentary on how to understand and apply the maxims. The Compassion Box includes: \* 59 two-color cards, with a Buddhist slogan on one side and original commentary by Pema Chödrön on the other \* Guided instructions on how to use the cards as part of a daily spiritual practice \* A fold-out card stand \* A 288-page paperback, *Start Where You Are: A Guide to Compassionate Living*,

a popular guide to understanding and applying the slogans \* A 45-minute audio CD of Pema Chödrön offering in-depth instruction on tonglen meditation ("taking in and sending out"), a powerful practice that anyone can undertake to awaken the heart *Turning the Mind Into an Ally* Shambhala Publications *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.

**The Practice of Lojong** Shambhala

Publications  
 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. More than a collection of thoughts for the day, it offers a progressive program of spiritual study, leading the reader through essential concepts, themes, and practices on the Buddhist path. Readers do not need to have prior knowledge of Buddhist thought or practice, making *Comfortable with Uncertainty* a perfect introduction to Pema

Chödrön's teaching. It features the most essential and stirring passages from Chödrön's previous books, exploring topics such as lovingkindness, meditation, mindfulness, "nowness," letting go, and working with fear and other painful emotions. Through the course of this book, readers will learn practical methods for heightening awareness and overcoming habitual patterns that block compassion.

### **Yes to Life**

Shambhala Publications  
 A collection of short inspirational readings by "one of the world's wisest women"--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. This book is part of the Shambhala Pocket Library series. 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.

### **The Color Purple**

Shambhala Publications  
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.

*Comfortable with  
Uncertainty* Shambhala  
Publications

The perennially helpful guide to transforming our pains and difficulties into opportunities for genuine joy and personal growth, from the beloved Buddhist nun and author of *When Things Fall Apart*. We all want to be fearless, joyful, and fully alive. And we all know that it's not so easy. We're bombarded every day with false promises of ways to make our lives better—buy this, go here, eat this, don't do that; the list goes on and on. But Pema Chödrön shows that, until we get to the heart of who we are and really make friends with ourselves, everything we do will always be superficial.

In this perennial self-help bestseller, Pema offers down-to-earth guidance on how we can go beyond the fleeting attempts to “fix” our pain and, instead, to take our lives as they are as the only path to achieve what we all yearn for most deeply—to embrace rather than deny the difficulties of our lives. These teachings, framed around fifty-nine traditional Tibetan Buddhist maxims, point us directly to our own hearts and minds, such as “Always meditate on whatever provokes resentment,” “Be grateful to everyone,” and “Don't expect applause.” By working with these slogans as everyday meditations, *Start Where You Are* shows how we can all develop the courage to

work with our own inner pain and discover true joy, holistic well-being, and unshakeable confidence.

*Training in Compassion*  
Penguin

In 1977, Elizabeth Lesser cofounded the Omega Institute, now America's largest adult-education center focusing on wellness and spirituality. Working with many of the eminent thinkers of our times, including Zen masters, rabbis, Christian monks, psychologists, scientists, and an array of noted American figures--from L.A. Lakers coach Phil Jackson to author Maya Angelou--Lesser found that by combining a variety of religious, psychological, and healing traditions, each of us has the unique

ability to satisfy our spiritual hunger. In *The Seeker's Guide*, she synthesizes the lessons learned from an immersion into the world's wisdom traditions and intertwines them with illuminating stories from her daily life. Recounting her own trials and errors and offering meditative exercises, she shows the reader how to create a personal practice, gauge one's progress, and choose effective spiritual teachers and habits. Warm, accessible, and wise, this book provides directions through the four landscapes of the spiritual journey: *THE MIND*: learning meditation to ease stress and anxiety *THE HEART*: dealing with grief, loss, and pain;

opening the heart and becoming fully alive  
 THE BODY: returning the body to the spiritual fold to heal and overcome the fear of aging and death  
 THE SOUL: experiencing daily life as an adventure of meaning and mystery

**The Pocket Pema Chödrön** Ballantine Books

In a world increasingly divided by politics and social issues, we need Mister Rogers more than ever. For three decades, his presence was a healing balm to children of all ages. And though he is no longer with us, we can all adopt his attitudes and actions as models for our own lives. In this uplifting and informative book, Dr. Anita Knight Kuhnley shows us how to use the transformative

psychological principles that Mister Rogers masterfully employed to make a difference in our own neighborhoods. Principles such as - listening for discovery - validating feelings - preserving white space - expressing gratitude - exercising empathy - practicing radical acceptance - using expressions of care  
 Imagine a world where these seven principles guide our interactions with each other. Sound heavenly? Neighborly? It all starts with you.  
*The Seeker's Guide*  
 Shambhala Publications  
 In *Touching Peace*, Thich Nhat Hanh expands the teachings on practicing the art of mindful living begun in the best selling *Being Peace* by giving specific, practical



instructions on extending our meditation practice into our daily lives. The book reminds us to focus on what is refreshing and healing within and all around us, and how, paired with the practice of mindful breathing, it can be used as the basis for examining the roots of war and violence, alcoholism and drug abuse, and social alienation. *Touching Peace* offers Thich Nhat Hanh's vision for rebuilding society through strengthening our families and communities, and realizing the ultimate dimension of reality in each act of our daily lives. The book concludes with the author's profound vision and determination to make

efforts to alleviate the suffering of all people. Included are such classic Thich Nhat Hanh practices as the conflict resolution tool of the Peace Treaty; his thoughts on a "diet for a mindful society" based on his interpretation of the 5 Mindfulness Trainings, and his early writings on the environment. "When we touch peace everything becomes real." –Thich Nhat Hanh  
With 10 original illustrations by Mayumi Oda

**The Intelligent Heart**  
Shambhala  
Publications

"In language totally fresh and jargon-free, Sakyong Mipham Rinpoche distills the wisdom of many centuries. Simple as it is profound, his book bears reading many times."—Peter Conradi,

author of *Iris Murdoch: A Life and Going Buddhist* Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.

*Training the Mind & Cultivating Loving-kindness* Shambhala Publications

Many of us, without even realizing it, are dominated by fear. We might be aware of

some of our fears—perhaps we are afraid of public speaking, of financial hardship, or of losing a loved one. Chögyam Trungpa shows us that most of us suffer from a far more pervasive fearfulness: fear of ourselves. We feel ashamed and embarrassed to look at our feelings or acknowledge our styles of thinking and acting; we don't want to face the reality of our moment-to-moment experience. It is this fear that keeps us trapped in cycles of suffering, despair, and distress. Chögyam Trungpa offers us a vision of moving beyond fear to discover the innate bravery, trust, and delight in life that lies at the core of our being. Drawing on the Shambhala

Buddhist teachings, he explains how we can each become a spiritual warrior: a person who faces each moment of life with openness and fearlessness. "The ultimate definition of bravery is not being afraid of who you are," writes Chögyam Trungpa. In this book he offers the insights and strategies to claim victory over fear.

### **Radical Acceptance**

Open Road Media  
"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.  
*How to Meditate*  
Shambhala Publications  
Twelve years ago, he

drove away with my heart in his hands. I've moved on since then. Or so I thought. Growing up in a small town, there weren't too many options when it came to friends. But, even in a sea of a million, I'd always choose Jake Jameson. I felt safe with him. Safe with my secrets, my dreams and eventually — my heart. I thought we'd have forever together. That was a long time ago. I thought I'd forgotten those piercing blue eyes and the sound of his laugh. I tried to obliterate the memory of his touch from my mind. But, one single glance, as he stands at my door, twelve years later, and I'm suddenly transported back to a simpler time when love was easy, and my heart was whole. The

problem? I'm marrying his best friend.

**Living Beautifully with Uncertainty and Change** Everest Media LLC

Lojong is the Tibetan Buddhist practice that involves working with short phrases (called "slogans") as a way of generating bodhichitta, the heart and mind of enlightened compassion. Though the practice is more than a millennium old, it has become popular in the West only in the last twenty years or so—and it has become very popular indeed, because it's a practice that one can fit very well into an ordinary life, and because it works. Through the influence of Pema Chödrön, who was one of the first American Buddhist teachers to teach it extensively,

the practice has moved out of its Buddhist context to affect the lives of non-Buddhists too. It's in this spirit that Norman Fischer offers his commentary on the lojong slogans. He applies Zen wisdom to them, showing how well they fit in that related tradition, but he also sets the slogans in the context of resonant practices throughout the spiritual traditions. He shows lojong to be a wonderful method for everyone, including those who aren't otherwise interested in Buddhism, who don't have the time or inclination to meditate, or who'd just like to morph into the kind of person who's focused rather than scattered, generous rather than stingy, and kind rather than thoughtless.

*Welcoming the Unwelcome*  
Shambhala Publications

Describes a traditional Buddhist approach to suffering and how embracing the painful situation and using communication, negative habits, and challenging experiences leads to emotional growth and happiness.

The Compassion Box  
Shambhala Publications

An American Buddhist nun encourages accepting everyday life and the wonders and pains of this world as the gateway to an enhanced spiritual life.

When Things Fall Apart  
Sounds True

Please note: This is a companion version & not the original book.  
Sample Book Insights:  
#1 We have everything we need. We don't

need to improve ourselves. All the trips we lay on ourselves, the heavy-duty fearing that we're bad and hoping that we're good, the identities that we so dearly cling to, the rage, the jealousy, and the addictions of all kinds - none of these things touch our basic wealth.  
#2 The practice of meditation, called shamatha-vipashyana, helps us to know ourselves. It helps us to know our rough parts and our smooth parts, our passion, aggression, ignorance, and wisdom.  
#3 In shamatha-vipashyana meditation, we sit upright with legs crossed and eyes open, hands resting on our thighs. We simply become aware of our breath as it goes out. We are not grasping or

fixating on it, but instead we are opening and letting it mix with the space around us.

#4 The lojong practice is based on the notion that we can make friends with what we reject, and that we can share our joy and insights with others. It encourages us to embrace what we experience, instead of fearing that it will end.

Smile at Fear

Shambhala

Publications

Inspiration and

encouragement for

cultivating

kindness—by

embracing the joy,

suffering, confusion,

and brilliance of our

everyday lives—from

the author of *When*

*Things Fall Apart* Do

you want to be a more

compassionate person,

confident and unafraid

to love yourself and

the world around you unconditionally, but aren't sure how? We often look far and wide for guidance to become better people, as though the answers were somewhere out there. But Pema Chödrön suggests that the best and most direct teacher for awakening loving-kindness is in fact your very own life. Based on talks given during a one-month meditation retreat at Gampo Abbey, where Pema lives and teaches, her teachings here focus on learning how to see the events of our lives as the perfect material for learning to love ourselves and our world playfully and wholeheartedly—and to live in our skin fearlessly, without aggression, harshness, or shame. This is

instruction for embarking on the greatest adventure of all, to come alive to your inherent human kindness. “Perhaps what makes Pema’s message resonate so strongly with people, no matter what their religion or spiritual path, is its universality.” —O, The Oprah Magazine  
*Atomic Habits*  
Shambhala Publications  
A guide to the Tibetan Buddhist practice of lojong meditation—or mind training—as a way to pause, reflect, and discover the true meaning and value of life In this society, with its hurly-burly pace demanding of our time, it is ever so easy to let life slip by. Looking back after ten, twenty, thirty, years—we wonder what we have

really accomplished. The process of simply existing is not necessarily meaningful. And yet there is an unlimited potential for meaning and value in this human existence. The Seven-Point Mind Training is one eminently practical way of tapping into that meaning. At the heart of the Seven-Point Mind Training lies the transformation of the circumstances that life brings us, however hard as the raw material from which we create our own spiritual path. The central theme of the Seven-Point Mind Training is to make the liberating passage from the constricting solitude of self-centeredness to the warm kinship with others which occurs

with the cultivation of cherishing others. This Mind Training is especially well-suited for an active life. It helps us to reexamine our relationships—to family, friends, enemies, and strangers—and gradually transform our responses to whatever life throws our way

*Start Where You Are: How to accept yourself and others* Beacon Press

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the

power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. 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



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