

Pema Chödrön Foundation Book Program

Our Foundation aims to make Pema's books and recorded teachings available to underserved individuals, and the organizations that serve them, free of charge.

This program is for the benefit of those who have no access to Pema's teachings, and to groups and not-for-profit organizations who serve people in need.

For more information, go to PemaChodronFoundation.org/activities/bookinitiative

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Awakening Loving Kindness

(Softcover) 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.

Becoming Bodhisattvas (formerly titled No Time To Lose)

(Softcover, CD) Over the years, Pema's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In *No Time to Lose*, Pema invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living. Pema reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* (Bodhicharyavatara), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the keys to healing ourselves and our troubled world. Pema offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives.

Comfortable with Uncertainty

(Soft Cover) This book 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, *Comfortable with Uncertainty* offers a progressive program of spiritual study, leading the reader through essential concepts, themes, and practices on the Buddhist path. *Comfortable with Uncertainty* does not assume prior knowledge of Buddhist thought or practice, making it a perfect introduction to Pema's teachings on loving-kindness, 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.

The Compassion Book

(Soft Cover) Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. But that's easier said than done. Here Pema Chödrön introduces a powerful, transformative method to nurture these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. This book presents fifty-nine pithy slogans from the

lojong teachings for daily contemplation and includes Pema's clear, succinct guidance on how to understand them—and how they can enrich our lives. It also features a forty-five minute downloadable audio program entitled "Opening the Heart."

The Essential Pema Study Guide

(Softcover) Study with the Essential Pema Guide that references her books and other teachings on Befriending ourselves, Benefiting others, Opening to the world as it is and so much more. Valuable information gathered in one place.

Fail, Fail Again, Fail Better

(Hardcover only; CD)

When her granddaughter was accepted to Naropa University, the celebrated author Pema Chödrön promised that she'd speak at the commencement ceremony.

Fail, Fail Again, Fail Better contains the wisdom shared on that day. "What do we do when life doesn't go the way we hoped?" begins Pema. "We say 'I'm a failure.'"

But what if failing wasn't just "okay" . . . but the most direct way to becoming a more complete, loving, and fulfilled human being?

Here, Pema Chödrön offers us her heartfelt advice on facing the unknown—in ourselves and in the world — and how our missteps can open our eyes to see new possibilities and purpose.

For readers of all faiths who are at a life crossroads, this brilliant gem of kindness and clarity is sure to earn its place in our kitchens, offices, and backpacks, ready to help us get back on our feet and into our hearts.

Includes an in-depth interview with Pema Chödrön and Tami Simon.

The Heart of the Buddha by Chogyam Trungpa Rinpoche

(soft cover)

In *The Heart of the Buddha*, the Tibetan meditation master Chögyam Trungpa presents the basic teachings of Buddhism as they relate to everyday life. The book is divided into three parts. In "Personal Journey," the author discusses the open, inquisitive, and good-humored qualities of the "heart of the Buddha," an "enlightened gene" that everyone possesses. In "Stages on the Path," he presents the three vehicles—Hinayana, Mahayana, and Vajrayana—that carry the Buddhist practitioner toward enlightenment. In "Working with Others," he describes the direct application of Buddhist teachings to topics as varied as relationships, drinking, children, and money. *The Heart of the Buddha* reflects Trungpa's great appreciation for Western culture and deep understanding of the Tibetan Buddhist tradition, which enabled him to teach Westerners in an effective, contemporary way.

Finding Freedom: How Death Row Broke And Opened My Heart by Jarvis Masters

(Soft Cover)

There are many forms of liberation—some that exist at the mercy of circumstance and others that can never be taken away. In this stirring and timely collection of stories, essays, poems, and letters, Jarvis Jay Masters explores the meaning of true freedom on his road to inner peace through Buddhist practice. He reveals his life as a young African American man surrounded by violence, his entanglement in the criminal justice system, and—following an encounter with Tibetan Buddhist teacher Chagdud Tulku Rinpoche—an unfolding commitment to nonviolence and peacemaking. At turns joyful, heartbreaking, frightening, and soaring with profound insight, Masters's story offers a vision of hope and the possibility of freedom in even the darkest of times.

How To Meditate

(Hardcover only; audio)

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 Buddhist nun presents her first book exploring in-depth what she considers the essentials for a lifelong practice.

More and more people are beginning to recognize a profound inner longing for authenticity, connection, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This step-by-step guide shows readers how to honestly meet and openly relate with the mind, embrace the fullness of our experience, and live in a wholehearted way 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

“I think ultimately why we practice is so that we can become completely loving people, and this is what the world needs,” writes Pema Chodron. *How to Meditate* is a long-overdue book from this wise teacher to assist each one of us in this virtuous goal.

In Love With The World: A Monk's Journey Through the Bardos of Living and Dying by Yongey Mingyur Rinpoche

Yongey Mingyur Rinpoche was a rising star within his generation of Tibetan masters and the respected abbot of three monasteries. Then one night, telling no one, he slipped out of his monastery in India with the intention of spending the next four years on a wandering retreat, following the ancient practice of holy mendicants.

He immediately discovered that a lifetime of Buddhist education and practice had not prepared him to deal with dirty fellow travelers or the screeching of a railway car. When he ran out of money, he began his life as an itinerant beggar in earnest. Soon he became deathly ill from food poisoning—and his journey took a startling turn. His meditation practice had prepared him to face death, and now he had the opportunity to test the strength of his training. Mingyur Rinpoche offers us the invaluable lessons he learned from his near-death experience. By sharing with readers the meditation practices that sustain him, he shows us how we can transform our fear of dying into joyful living.

The Joy of Living by Yongey Mingyur Rinpoche

An illuminating perspective on the science of meditation—and a handbook for transforming our minds, bodies, and lives. In *The Joy of Living*, world-renowned Buddhist teacher Yongey Mingyur Rinpoche—the “happiest man in the world”—invites us to join him in unlocking the secrets to finding joy and contentment in the everyday. Using the basic meditation practices he provides, we can discover paths through our problems, transforming obstacles into opportunities to recognize the unlimited potential of our own minds.

Joyful Wisdom by Yongey Mingyur Rinpoche

Yongey Mingyur is one of the most celebrated among the new generation of Tibetan meditation masters, whose teachings have touched people of all faiths around the world. His first book, *The Joy of Living*, was a *New York Times* bestseller hailed as “compelling, readable, and informed” (Buddhadharma) and praised by Richard Gere, Lou Reed, and Julian Schnabel for its clarity, wit, and unique insight into the relationship between science and Buddhism.

His new book, *Joyful Wisdom*, addresses the timely and timeless problem of anxiety in our everyday lives. “From the 2,500-year-old perspective of Buddhism,” Yongey Mingyur writes, “every chapter in human history could be described as an ‘age of anxiety.’ The anxiety we feel now has been part of the human condition for centuries.” So what do we do? Escape or succumb? Both routes inevitably lead to more complications and problems in our lives. “Buddhism,” he says, “offers a third option. We can look directly at the disturbing emotions and other problems we experience in our lives as stepping-stones to

freedom. Instead of rejecting them or surrendering to them, we can befriend them, working through them to reach an enduring authentic experience of our inherent wisdom, confidence, clarity, and joy.”

Divided into three parts like a traditional Buddhist text, *Joyful Wisdom* identifies the sources of our unease, describes methods of meditation that enable us to transform our experience into deeper insight, and applies these methods to common emotional, physical, and personal problems. The result is a work at once wise, anecdotal, funny, informed, and graced with the author’s irresistible charm.

Living Beautifully With Uncertainty and Change **Vivar Bellamente (Spanish)**

(Soft Cover) We live in difficult times. Life sometimes seems like a roiling and turbulent river threatening to drown us and destroy the world. Why, then, shouldn’t we cling to the certainty of the shore—to our familiar patterns and habits? Because, Pema Chodron teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a wealth of wisdom for learning to step right into the river: to be completely, fearlessly present even in the hardest times, the most difficult situations. When we learn to let go of our protective patterns and do that, we begin to see not only how much better it feels to live that way, but, as a wonderful side effect, we find that we begin to naturally and effectively reach out to others in care and support.

Lojong cards:

Index card-sized with lojong slogans on them. Used as a reminder and practice of mind training by displaying a card a day and contemplating the slogan.

Mindfulness in Action by Chogyam Trungpa Rinpoche

(Soft cover) The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the beginning; it can also help us work more effectively with life’s challenges, expanding our appreciation and potential for creative engagement. This book provides all the basics to get you started, but also goes deeper to address the questions that naturally arise as your practice matures and further insight arises. A distillation of teachings on the subject by one of the great meditation masters of our time, it serves as an introduction to the practice as well as a guide to the ongoing mindful journey.

Shambhala: The Sacred Path of the Warrior By Chogyam Trungpa Rinpoche

(Soft Cover) There is a basic human wisdom that can help solve the world’s problems. It doesn’t belong to any one culture or region or religious tradition—though it can be found in many of them throughout history. It’s what Chögyam Trungpa called the sacred path of the warrior. The sacred warrior conquers the world not through violence or aggression but through gentleness, courage, and self-knowledge. The warrior discovers the basic goodness of human life and radiates that goodness out into the world for the peace and sanity of others. That’s what the Shambhala teachings are all about, and this is the book that has been presenting them to a wide and appreciative audience for more than thirty years.

The Places That Scare You

Los lugares que te asustan (Spanish) (soft cover only)

We always have a choice, Pema teaches: We can let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kinder. Here Pema provides the tools to deal with the problems and difficulties that life throws our way. This wisdom is always available to us, she teaches, but we usually block it with habitual patterns rooted in fear. Beyond that fear lies a state of openheartedness and tenderness. This book teaches us how to awaken our basic goodness and connect with others, to accept ourselves and others complete with faults and imperfec-

tions, and to stay in the present moment by seeing through the strategies of ego that cause us to resist life as it is.

The Pocket Pema

(Soft cover) This is a treasury of 108 short selections from the best-selling books of Pema. Designed for on-the-go inspiration, this collection offers teachings on:

- becoming fearless
- breaking free of destructive patterns
- developing patience, kindness, and joy amid our everyday struggles
- unlocking our natural warmth, intelligence, and goodness

Practicing Peace

(Soft cover, pocket book version and larger size)

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book, Pema draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to explain that the way in which we as individuals respond to challenges in our everyday lives can either perpetuate a culture of violence or create a new culture of compassion. "War and peace begin in the hearts of individuals," declares Pema at the opening of this inspiring and accessible book. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives, but our whole world.

Reflections on Silver River by Ken McLeod (English)

Reflejos en el Rio Plata (spanish)

While *Thirty-Seven Practices of a Bodhisattva* has been translated into English many times, in this translation, Ken McLeod takes pains to use plain and simple English to reflect the simplicity and directness of the original Tibetan. His commentary is full of striking images, provocative questions and inspiring descriptions of what it means to be awake and present in your life.

Practical instruction, brief and to the point, is found in each of the verse commentaries, providing straightforward responses to the question, "How do I practice this?"

Smile At Fear by Chogyam Trungpa Rinpoche

(Soft cover, DVD, audio download)

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. Compiled from previous teachings, Chogyam 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. Chogyam 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 Chogyam Trungpa. In this book he offers the insights and strategies to claim victory over fear.

Start Where You Are

Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema presents down-to-earth guidance on how we can "start where we are" – embracing rather than denying the painful aspects of our lives. Pema frames her teachings on compassion around fifty-nine traditional Tibetan Buddhist maxims, or slogans, such as: "Always apply only a joyful state of mind," "Don't seek others' pain as the limbs of your own happiness," and

“Always meditate on whatever provokes resentment.” Working with these slogans and through the practice of meditation, *Start Where You Are* shows how we can all develop the courage to work with our inner pain and discover joy, well-being, and confidence.

Taking The Leap: Freeing Ourselves from Old Habits and Fears

In this book Pema shows us how to break free of destructive patterns in our lives and experience a new sense of freedom and happiness. Drawing on the Buddhist concept of shenpa, she helps us to see how certain habits of mind tend to “hook” us and get us stuck in states of anger, blame, self-hatred, and addiction. The good news is that once we start to see these patterns, we can begin to change our lives for the better. The key is learning a new way of facing the inevitable difficulties and insecurities of our daily lives: we must learn how to stay present and open our hearts. “This path entails uncovering three basic human qualities,” explains Pema. “These qualities have always been with us but perhaps have gotten buried and almost forgotten. They are natural intelligence, natural warmth, and natural openness. Everyone, everywhere, all over the globe, has these qualities and can call on them to help themselves and others.” This book gives us the insights and practices we can immediately put to use in our lives to awaken these essential qualities. In her friendly and encouraging style, Pema helps us to take a bold leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

Taking the Leap Study Course:

A correspondence course to deepen your studies of the book. Do at your own pace and mail in answers as you work your way through the book.

Training The Mind and Cultivating Loving Kindness by Chogyam Trungpa Rinpoche

Warning: Using this book could be hazardous to your ego! The slogans it contains are designed to awaken the heart and cultivate love and kindness toward others. They are revolutionary in that practicing them fosters abandonment of personal territory in relating to others and in understanding the world as it is.

The fifty-nine provocative slogans presented here—each with a commentary by the Tibetan meditation master Chogyam Trungpa—have been used by Tibetan Buddhists for eight centuries to help meditation students remember and focus on important principles and practices of mind training. They emphasize meeting the ordinary situations of life with intelligence and compassion under all circumstances. Slogans include, “Don’t be swayed by external circumstances,” “Be grateful to everyone,” and “Always maintain only a joyful mind.”

This edition contains a new foreword by Pema Chodron.

Tonglen: The Path to Transformation

“We have many fleeting golden moments in our life, but we usually speed right past them. So the first part of the practice is to just stop, notice, and fully appreciate them.” – Pema Chodron

Pema Chodron on tonglen, a meditative practice for cultivating love and compassion. Tonglen is a gentle, step-by-step process of opening the heart. By embracing, rather than rejecting, the unwanted and painful aspects of experience, we overcome fear and develop greater empathy for others. Here is a practical guide for deepening our practice and understanding of this powerful technique. Working with questions and answers, dialogue and exchange, Pema’s tonglen teachings provide an invaluable reference for practitioners of all levels. Edited by Tingzin Otro.

Welcoming the Unwelcome

In her first new book of spiritual teachings in over seven years, Pema Chödrön offers a combination of wisdom, heartfelt reflections, and the signature mix of humor and insight that have made her a beloved figure to turn to during times of change. In an increasingly polarized world, Pema shows us how to strengthen our abilities to find common ground, even when we disagree, and influence our environment in positive ways. Sharing never-before told personal stories from her remarkable life, simple and power-

ful everyday practices, and directly relatable advice, Pema encourages us all to become triumphant bodhisattvas – compassionate beings – in times of hardship.

Welcoming the Unwelcome includes teachings on the true meaning of karma, recognizing the basic goodness in ourselves and the people we share our lives with – even the most challenging ones, transforming adversity into opportunities for growth, and freeing ourselves from the empty and illusory labels that separate us. Pema also provides step-by-step guides to a basic sitting meditation and a compassion meditation that anyone can use to bring light to the darkness we face, wherever and whatever it may be.

When Things Fall Apart (English)

Cuando todo se derrumba (Spanish)

There is a fundamental opportunity for happiness right within our reach, yet we usually miss it – ironically while we are caught up in attempts to escape pain and suffering. Drawn from traditional Buddhist wisdom, Pema’s radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. There is only one approach to suffering that is of lasting benefit, Pema teaches, and that approach involves moving toward painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation. It is there, in the midst of chaos, that we can discover the truth and love that are indestructible.

The Wisdom of No Escape And The Path of Loving Kindness

Pema teaches that by embracing all the happiness and suffering, all the intelligence and confusion (that are natural parts of our existence), that it is possible to say yes to life and all its manifestations. Doing so opens a wellspring of courage and love within our hearts. In her first book, Pema presents traditional Buddhist wisdom that anyone can relate to.

Please inquire about our recorded teachings

Many books are sent to those incarcerated or prison libraries: Please include information on restrictions your facility may have, such as no hard cover, limited number allowed, and other rules that may stop you from receiving packages.