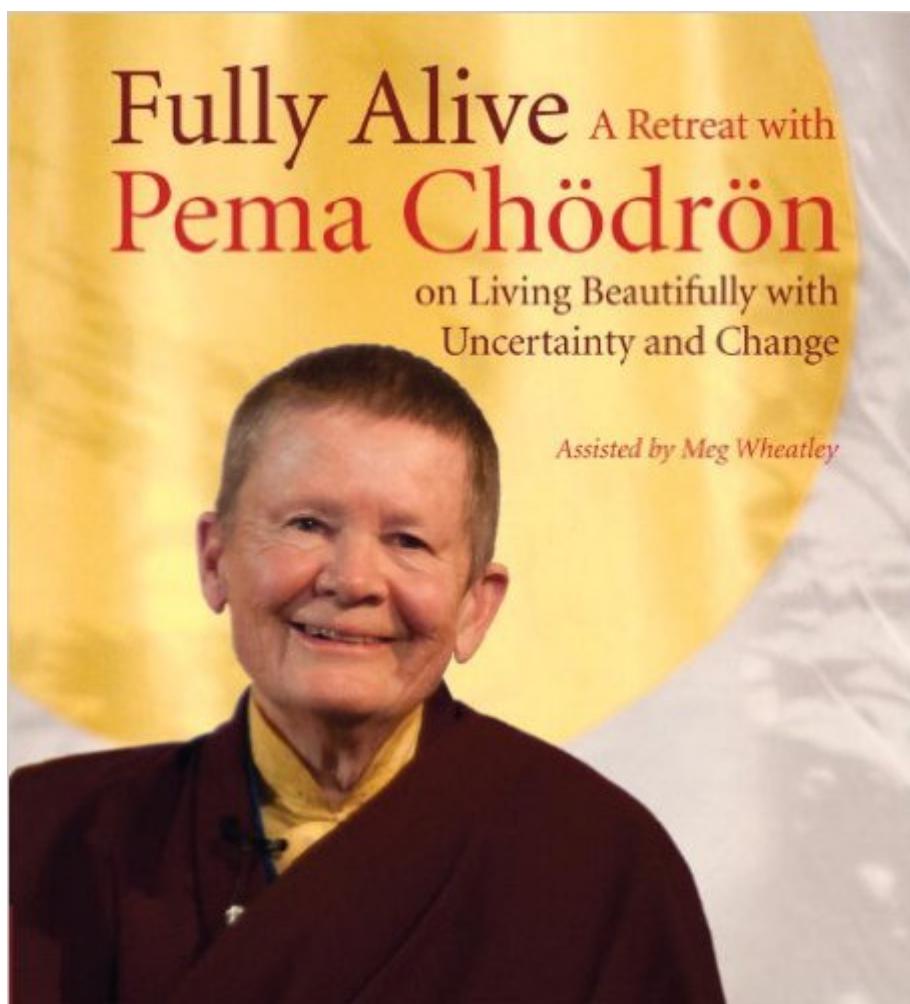


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# Fully Alive: A Retreat With Pema Chodron On Living Beautifully With Uncertainty And Change



## Synopsis

We live in difficult times. Life sometimes seems like a roiling and turbulent river threatening to drown us. Why, in the face of that, shouldn't we cling for safety to the certainty of the shore? "to our comfortably familiar patterns and habits? Because, Pema Chödrön teaches, that kind of fear-based clinging leads only to even greater suffering. In this recorded retreat, based on the program Living Beautifully with Uncertainty and Change held at Omega Institute, Pema Chödrön and her teaching assistant, Meg Wheatley, 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. It's the secret of being fully alive. The teachings and practices they present includes: A teaching based on a Native American prophecy for cultivating the ability to take nothing personally A guided meditation for developing patience in the midst of irritation A Tips for accessing your innate strength and confidence "simply by altering your posture 4 CDs, 4 hours.

## Book Information

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## Customer Reviews

I listened to this retreat following another of Pema Chodron's retreats titled, "Getting Unstuck" which I found to be equally helpful. "Fully Alive" was the frosting on the cake. I have battled depression all my life and I can honestly say that I have come out on the other side from listening to this with a whole new zest for life. The principles of Dialectical Behavioral Therapy shine through in Pema Chodron's teachings in a way that guided me to experience a sort of spiritual renewal. These teachings keep me in check daily in dealing with the symptoms of my most recent diagnosis of

Bipolar. I consider this retreat a gift from a higher power, really. And I think anyone would benefit from this. In a world where people are quick to blame, get irritated, where some might take things personally, and some might lack the self confidence and innate strength to be more productive, I think this would make a fantastic retreat for those working for corporate America (been there, done that). I'm guessing that if you do this retreat following "Getting Unstuck", you will find productivity increasing. Mine has. --Peace.

I was brought up in Christian churches and attended all of the variations, not quite finding a match for the God within me. I came across Pema's work and her personality. What a wonderful Master (teacher) she is. She has lived the "normal" life expected of a woman of her generation, but a tragic violation of her marriage threw her into a chosen withdrawal from Life (as she knew it) and into silence, meditation, and studying with the best masters of the Buddhist faith. The principles of love, compassion, forgiveness, and embracing..(not running from the pain) has been invaluable to me. I inherited the BRAC1 gene mutation from my mother. I have lived through Ovarain cancer, Breast cancer, and ultimately a Double Mastectomy. These events, plus childhood damage, a marriage that ended, and addiction issues, were not greater than the love of God I have found in my faith and the additional lessons I have learned through Pema Chodron's many books and DVD's. I am forever grateful.

I enjoy Pema's teachings very much and have found that this CD offers a great deal of good and helpful instruction for living mindfully and with purpose. I recommend this CD to anyone who is familiar with Pema's teachings and for those who are looking for real-life guidance in their meditation practice and day-to-day living.

I will listen to this one over and over as I do most of Pema's teachings. Each teaching has its own character and touches another part of the heart/mind to gently help us wake up. Pema is truly a secular teacher without axes to grind about other paths. All her speaking shares her personal struggles and wins and methods we can try to find our own way. She has been the single most important teacher in my life for the past 6 years and I am very happy to have her recordings. This is the full recording of a retreat and includes the guided sittings which, while short, are templates for your own way of approaching those things that distract you in your own sitting.

Listening to her voice alone makes me happy. Her sense of humour, her experiences of living in our

world, the direct and simple WISDOM I get from her each time I listen to the tapes in the car -- I used the car a lot where I live--place me directly in to the present moment and what misconception I am swimming in the moment. I love Pema Chodron!

This is the third Pema Chodron audio that I have listened to and it's just as fantastic as the others. She has such a wonderful perspective on these wonderful Buddhist teachings, with a great sense of humor and genuine loving-kindness.I recommend her to anyone. Even if you don't have a meditation practice. It's such good stuff!

For me, today, Pema Chodron's "Fully Alive" may be the most important spiritual teaching I've met up with. When I fall into my knee-jerk, barnacled ways of thinking, doing, being it might give some relief for a few minutes, even a day-- perhaps--, but ultimately most all the ways I retreat into, to avoid being present with whatever is going on, are unhealthy. This teaching provides some down-to-earth ways for dealing with habitual emotions and actions (hint: it involves going right into the middle of whatever you "don't like" -- which is antithetical to looking for an immediate distraction. You might also be interested in Ajahn Sumedho's book "Don't take your life personally" BTW: while I love this audio's substance, I give it 4 stars because Meg Wheatley's voice is disruptive. Part of that is because of the overall sound of her voice plus when she first comes on she seems nervous. (This improves by the next time she speaks) Also, since I wasn't expecting anyone else to speak but Pema, I was startled a bit-- but that's my fault for not looking closely at the CD cover). Speaking of this audio's sound: I hear in Pema's voice a weariness I haven't heard before and this is saddening as well as a precious teaching too. This beloved teacher will not be with us forever; her 'live' teachings are now even more precious and profound.How thankful I am my local library has this recording...for presently I can't afford to buy.

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