



Coming Closer to Ourselves: Making Everything the Path of Awakening

Pema Chödrön

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How to Befriend Your Most Challenging Emotions and Experiences

In challenging times, why do so many of us turn to Pema Chödrön for guidance? Many say that it's her honest and caring way of communicating the core teachings of Buddhism—not just conceptually, but directly from her heart to ours. In these inspiring sessions, she teaches us how to give that compassion to the person we neglect most often—ourselves. With her, you will explore:

- What to do when it feels impossible to be kind to ourselves
- In challenging relationships and situations, how to let go of our story and see what's really happening
- Cultivating inner comfort and greater kindness toward our bodies
- Leaning into frustration, sadness, and fear with a spirit of trust and intimacy
- Many other insights and recommendations to befriend the difficult places within us

Through gentle and clear guidance, *Coming Closer to Ourselves* shows us how, even in the tumult of life's uncertainties, we can begin with a glimmer of curiosity, move closer into our experiences, and discover a place of welcome and refuge within.

Course objectives:

- Discuss what to do when it feels impossible to be kind to ourselves
- Describe how to let go of our story and see what's really happening within challenging relationships and situations
- Explain how to cultivate inner comfort and greater kindness toward our bodies
- Discuss how to lean into frustration, sadness, and fear with a spirit of trust and intimacy

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A lot of people always spent their free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Coming Closer to Ourselves: Making Everything the Path of Awakening it is extremely good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not too costly but this book features high quality.

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