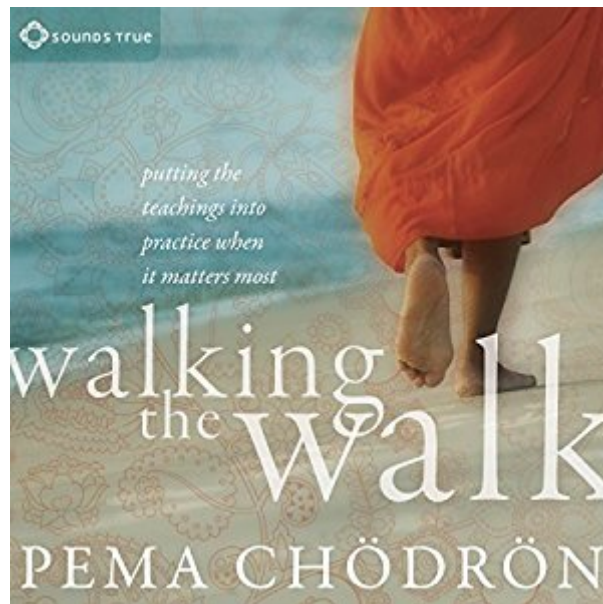


The book was found

# Walking The Walk: Putting The Teachings Into Practice When It Matters Most



## Synopsis

It's one thing to hear a life-changing truth or to have a conceptual grasp on spiritual wisdom. But it's another thing to "walk the walk" - or to put into practice the good advice we've been given. What does it mean to walk the walk in our everyday lives? According to Pema Chodron, it means being down-to-earth, genuine, and perhaps most importantly, it means engaging in the teachings in order to actively confront anything and everything we've heretofore rejected in our attempts to find happiness. Created to help us respond with compassion and authenticity when our spiritual ideals are put to the test, *Walking the Walk* brings you four inspirational sessions with Pema Chodron, as you explore: Stabilizing the Mind - awareness, presence, and the foundation of the spiritual path Unconditional Friendship with Yourself - getting unstuck from the patterns that create our own misery Freedom from Fixed Mind - how to release biases and prejudices to revitalize your everyday experiences Taking Care of One Another - essential guidance in the ability to truly be there for others The teachings in these sessions are not about perfection or unrealistic standards. "Baby steps are okay when learning to walk the walk," explains Pema. No matter the situation you find yourself in, here is a program for remaining true to the values we seek to live by, and staying open to the kindness and love that is always available to support us.

## Book Information

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## Customer Reviews

One thing to note: This is a recording (4 CD's) of Pema Chodron's October 2013 teachings at Omega Institute in Rhinebeck, NY. As a result, you will sometimes hear the live audience applauding. This does not affect the excellent sound quality. This set of teachings reminds me of

how down to earth & even \*funny\* Pema Chodron can be. She lived a Western life before becoming a Buddhist nun, so I find that her approach is especially accessible. 'Walking the Walk' consists of four inspirational sessions with Pema Chodron: 1. Stabilizing the Mind--awareness, presence, and the foundation of the spiritual path 2. Unconditional Friendship with Yourself--getting unstuck from the patterns that create our own misery 3. Freedom from Fixed Mind--how to release biases and prejudices to revitalize your everyday experiences 4. Taking Care of One Another--essential guidance in the ability to truly be there for others "Walking the Walk" is less esoteric than some of her other audio programs. It is suitable for those new to Pema Chodron and/or new to Buddhism. I particularly love her advice for loosening our grip on the need to be right, which is in the session on Freedom from Fixed Mind. Pema shares a moving anecdote about being harassed by a car full of young men in Boulder. How she chooses to respond to them is a great lesson for all of us.

Being a big fan of Pema Chodron, I looked forward to this CD. However, the first two (of four) CDs were vague presentations, somewhat entertaining but not as informative, insightful (and entertaining) as I have found her previous. The last two CDs in the set picked up but I wish I had gotten it from the library. Surprising. Please note that Chodron even commented that she had not done as much preparation as usual. Here are the CDs that I have learned from and enjoyed: Fully Alive, Natural Awareness, Giving our Best, Coming Closer to Ourselves, The Truth of our Existence, Getting Unstuck, From Fear to Fearlessness, and Awakening Compassion. I also have enjoyed her book on Shantideva.

In a recent retreat, Pema discusses making friends with ourselves and continuing our meditation with gentleness. Pema's talks include contemporary themes along with sprinklings of humor. Her writing has changed my life and will change yours as we walk the path together.

I really enjoyed this series of 4 talks. I've listened to most of Pema's recordings, and this one is a lovely distillation of everything she has taught into the 4 most vital themes. All of her recordings are great--I highly recommend "Awakening Compassion" and "Bodhisattva Mind" if you want to invest more money and time on those longer collections. They are more expansive trips through this landscape. But this was my favorite of the shorter recordings...very much to the point, and infused--it seemed to me--with a sense of Pema's own graceful aging and her own prioritization of what might be most important to teach in a short program. I often listen to this with friends on long drives and they always feel enriched by it--and I feel like I only benefit from the repetition. The

combination of being a monk, mom, grandma, and generally warm, sassy, wise person make Pema such a great voice for these themes. I feel grateful to have these teachings to keep me company and remind me about what's important. NOTE: If you're looking to LEARN to meditate for the first time, this is not so much the set--there are others out there. These are more like reflections and insights along the path. There IS plenty of inspirational material for beginners but not really too much formal meditation instruction on this one.

Winner! Before you leave the planet do yourself and others a huge favor and begin to "walk the walk." What a fabulous place it would be if we all could be mindful of walking the walk. Thank you  
Kindly

CDs. Informative. Wonderful speaker

I love all things Pema!

The best of the best.

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