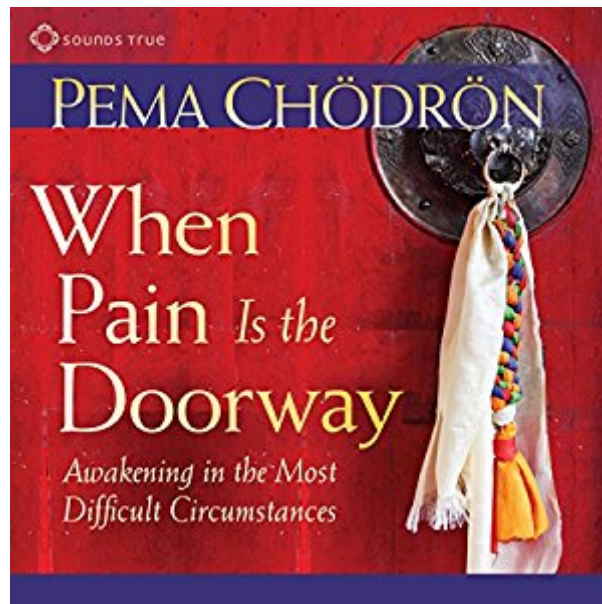


The book was found

# When Pain Is The Doorway: Awakening In The Most Difficult Circumstances



## Synopsis

Finding freedom in our most difficult circumstances. What if the full sense of our aliveness were only to be found amidst our most challenging times and difficult experiences? In pain and crisis, teaches Pema Chodron, there lies a hidden doorway to freedom that appears to us only when we're sure that there is no way out. In these intimate audio learning sessions, Pema Chodron helps us distinguish the triggers or external events that we blame for our suffering from the deeper habitual patterns that feed our anger, fear, or sadness. From this understanding, we learn how to free ourselves from our propensity to suffer through the transformative awareness of impermanence - the dynamic and ever-shifting nature of both joy and suffering, self and selflessness-and the absolute and eternal flow from which all of it arises. What is causing my pain? What will happen if I simply lean in, keep company with it, hold it with tenderness? Moment by moment, Pema supports and encourages listeners to bring an openhearted sense of curiosity and welcoming to our apparently impossible situations or unbearable relationships - to discover the deeper freedom available just beneath the surface. For those experiencing emotional crisis, *When Pain Is the Doorway* provides expert guidance to help us stop, stay present, and enter into a more welcoming, spacious place of being that is our true home.

## Book Information

Audible Audio Edition

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## Customer Reviews

I love Pema Chodron and this CD set (2) is good as far as content goes, but because the recording and editing are so awful, I do not recommend purchasing it!

I was disappointed by this CD. Other talks by Pema Chodron have been wonderful, but in this one she doesn't go very deeply into the topic. The questions from the audience are passionate, but go largely unanswered except to repeat the previous talking points. The sound quality of the second CD is amateurish.

CD2 has very poor sound quality. It sounds like a old recording from other CD's. not worth buying. You can hear the same teachings on YouTube.

Chodron is highly respected by many for good reason. Her talks are insightful, warm, wise and humble--so human. I always learn a great deal from her and read or listen to what she has to offer very frequently to inspire me and to help me stay more present and awake.

Pema Chodron CDs are very helpful. Her style is enormously engaging and her content is very down to earth, conveying the Buddha's teachings in a very modern and simple manner. This is good for beginners and experienced practitioners. It is more mindful than Zenlike.

I listen to this in my car as I drive around to work and on errands. Listening to these lessons and taking them to heart makes me a better worker, colleague, and family member, and less likely to be stressed out all the time. I'd like to know more about working with the energy in the way that she discusses.

I think this is essentially an audio version of her book: **LIVING BEAUTIFULLY WITH UNCERTAINTY AND CHANGE**. I preferred the book. I will say one thing, Pema is definitely more self-disclosing lately, which is a big help to her many fans. Without knowing of even a couple of her own challenges (back pain and panic attacks) it's all too easy to set up unrealistic expectations of what Buddhist philosophy can do for the more average practitioner. I also appreciated the story in the audio book of the woman who was saturated in panic over her impending death despite a lifetime of meditation. Those reality checks are crucial for people who can veer towards spiritual perfectionism, thinking there's an attainable holy grail of inner peace. The truth is, all these wonderful teachings will never help us live a completely equanimous life. That's impossible. However, Buddhism can help us be kinder and more patient with ourselves and others. It also builds emotional muscle and higher frustration tolerance. All good.

So good to have another pema chodron talk to listen to and listen to again. Thoughtful. Mindful. Soothing. And as pema always is gently humorous. A wonderful snowy afternoon listen with something warm & lovely to sip.

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