



# How to Meditate: A Practical Guide to Making Friends with Your Mind

*Pema Chödrön*

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## **How to Meditate: A Practical Guide to Making Friends with Your Mind** Pema Chödrön

When it comes to meditation, Pema Chödrön is widely regarded as one of the world's foremost teachers. Yet she's never offered an introductory course on audio-until now.<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

On *How to Meditate with Pema Chödrön*, the American-born Tibetan Buddhist nun and bestselling author presents her first complete spoken-word course for those new to meditation.

Through traditional insights and her personal guidance, offered in 12 sitting sessions, Pema Chödrön will help you honestly meet and compassionately relate with your mind as you explore:

- The basics of mindfulness awareness practice, from proper posture to learning to settle to breathing and relaxation
- Gentleness, patience, and humor-three ingredients for a well-balanced practice
- *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

"From my own experience and from listening to many people over the years, I've tried to offer here what I feel are the essential points of meditation," explains Pema Chödrön. Now this beloved voice shares with you her accessible approach-simple and down-to-earth while informed by the highest traditions of Tibetan Buddhism-on *How to Meditate with Pema Chödrön*.

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