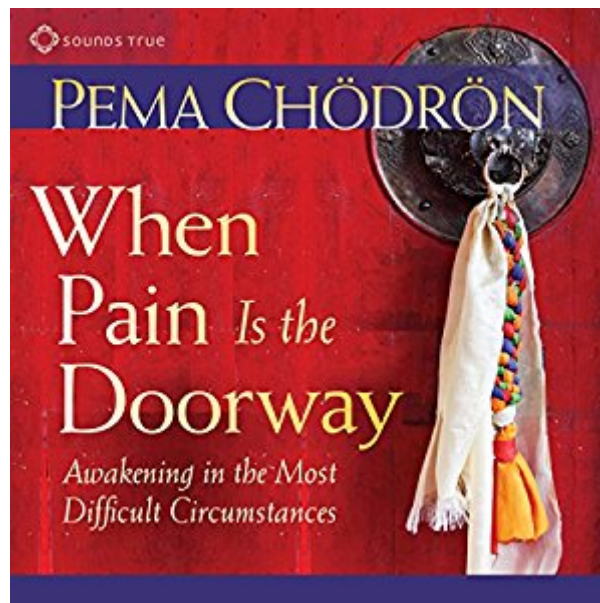




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# When Pain Is The Doorway: Awakening In The Most Difficult Circumstances



## 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 Chödrön, 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 Chödrön 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!

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

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.

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.

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.

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.

While I love Pema Chodron, the audio quality of this seminar is absolutely horrible and is very distracting. I bought this together with "Don't Bite the Hook" and would highly recommend that over this.

I've got about 35 of Pema's CD but I consider this set the best. Pema is so wonderfully wise and human, the way she teaches is truly helpful. I totally recommend this if you want to work with healing your suffering.

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Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Difficult Decisions in Colorectal Surgery (Difficult Decisions in Surgery: An Evidence-Based Approach) Difficult Decisions in Vascular Surgery: An Evidence-Based Approach (Difficult Decisions in Surgery: An Evidence-Based Approach) Biblical Literalism: A Gentile Heresy: A Journey into a New Christianity Through the Doorway of Matthew's Gospel The Master Swordsman & the Magic Doorway: Two Legends from Ancient China The Spiritual Exercises of Eck: Your Doorway to Wisdom, Freedom, and Love Doorway in Antigua;: A sojourn in Guatemala At the Villa of Reduced Circumstances (Recorded Books Unabridged) Choosing Happier: How to be happy despite your circumstances, history or genes (The Practical Happiness Series) (Volume 1) Princess of Wands (Special Circumstances Book 1) Special Circumstances (Mike Daley/Rosie Fernandez Legal Thriller Book 1) Wildlife and Emerging Zoonotic Diseases: The Biology, Circumstances and Consequences of Cross-Species Transmission (Current Topics in Microbiology and Immunology) When Danger Hits Home: Survivors of Domestic Violence (Survivors: Ordinary People, Extraordinary Circumstances) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2)

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