



Living Beautifully: with Uncertainty and Change (Shambhala Library)

By Pema Chodron

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Living Beautifully: with Uncertainty and Change (Shambhala Library) By Pema Chodron

The best-selling author and spiritual teacher shares practices for living with wisdom and integrity even in confusing and uncertain situations—now available as a Shambhala Library edition.

Is it possible to live well when the very ground we stand on is shaky? Yes, says everyone's favorite Buddhist nun, it's even possible to live beautifully, compassionately, and happily on shaky ground--the secret being that the ground is *always* shaky beneath us, and everyone who has ever learned to be happy has done so with that understanding. Pema Chödrön presents a simple Buddhist practice that we can use to commit ourselves to a life of profound sanity, even when it seems like there's only nonsanity all around us. Using this practice, called the Three Commitments, can really change things.

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Editorial Review

About the Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many best-selling books, including *When Things Fall Apart*.

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"The Three Commitments are three levels of working with groundlessness. Underlying them all is the basic instruction to make friends with yourself—to be honest with yourself and kind. This begins with the willingness to stay present whenever you experience uneasiness. As these feelings arise, rather than running away, you lean into them. Instead of trying to get rid of thoughts and feelings, you become curious about them. As you become accustomed to experiencing sensation free of interpretation, you will come to understand that contacting the fundamental ambiguity of being human provides a precious opportunity—the opportunity to be with life just as it is, the opportunity to experience the freedom of life without a story line." —from *Living Beautifully*

Users Review

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