

## Taking The Leap Freeing Ourselves From Old Habits And Fears

59 beautifully designed cards on the classic Buddhist practice of lojong for everyday inspiration and contemplation--with instructive commentaries by Pema Chodron to make the teachings accessible and applicable to contemporary life. Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. Here Pema Chodron offers a powerful method to awaken these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. In this boxed set, she provides all the tools needed to practice it in your own life. It includes: \* an introduction to the practice \* fifty-nine cards representing the full set of lojong teachings for daily inspiration and contemplation \* practical commentary from Pema on the reverse of each card \* a card stand for easy display \* and an audio download of Pema's teachings on the related practice of tonglen. These cards were previously published as part of The Compassion Box.

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can awaken in

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity.

An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

Pema Chödrön presents the Buddhist concept of "shenpa"--which can be translated as "getting stuck" or "getting hooked"--and shows readers how they can liberate themselves from it.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Taking

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

the Leap: Freeing Ourselves from Old Habits and Fears." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

"War and peace begin in the hearts of individuals," declares Pema Chodron in her inspiring and accessible new book, which draws on Buddhist teachings to explore the origins of aggression and war.

Over the years, Pema Chödrön's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In this new book, she invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living. In *No Time to Lose* Chödrön reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* ( *Bodhicharyavatara*), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the key to healing ourselves and our troubled world.

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

Chödrön offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives. Full of illuminating stories and practical exercises, this fresh and accessible guide shows us that the path of the bodhisattva is open to each and every one of us. Pema Chödrön urges us to embark on this transformative path today, writing, "There is no time to lose—but not to worry, we can do it."

Taking the Leap Freeing Ourselves from Old Habits and Fears Shambhala Publications

This book draws together many previously published articles and book chapters produced by the author over the past 20 years of work in the field of indigenous education. However, rather than just being a compilation of a series of papers, this book is a record of the development of an indigenous approach towards large-scale, theory-based education reform that is now being implemented, in two different forms, in almost half of the secondary schools in New Zealand. Fundamental to this theorising is the understanding, identified by Paulo Freire over forty years ago, that answers to the conditions oppressed peoples find themselves in is not to be found in the language or understandings of the oppressors. Rather, it is to be found in those of the oppressed. This realisation has been confirmed by the examples in this book. The first is seen where it is

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

identified how researching in Maori contexts needs to be conducted dialogically within the world view and understandings of Maori people. Secondly, dialogue in its widest sense is crucial for developing a means whereby Maori students are able to participate successfully in education. The book details how researching the impact of colonization on his mother's Maori family enabled the author to develop a means of researching within indigenous, Maori contexts. It then details how the lessons learnt here appealed as being a means by which the marginalization of Maori students in mainstream, public school classrooms could be re-theorised, and how schools and education systems could be reorganised so as to support indigenous students to be successful learners.

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of 'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle,

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly catching up ... hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

This is a beautiful, gift book edition (with a ribbon marker) of a modern-day classic. Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chödrön, author of The Wisdom of No Escape and When Things Fall Apart, presents down-to-earth guidance on how to make friends with ourselves

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

and develop genuine compassion toward others. The author shows how we can "start where we are" by embracing rather than denying the painful aspects of our lives. Pema Chödrön frames her teachings on compassion around fifty-nine traditional Tibetan Buddhist maxims, or slogans, such as: • "Always apply a joyful state of mind" • "Don't seek others' pain as the limbs of your own happiness" • "Always meditate on whatever provokes resentment" Working with these slogans and through the practice of meditation, *Start Where You Are* shows how we can all develop the courage to work with our own inner pain and discover joy, well-being, and confidence.

Best-selling American Buddhist nun Pema Chödrön presents a friendly and encouraging guide to spiritual practice for all those who want to take up the path of the bodhisattva--one who aspires to live life with courage, generosity, patience, fearlessness, and compassion. The Way of the Bodhisattva has long been treasured as an indispensable guide to enlightened living, offering a window into the greatest potential within us all. Written in the eighth century by the scholar and saint Shantideva, it presents a comprehensive view of the Mahayana Buddhist tradition's highest ideal—to commit oneself to the life of a bodhisattva warrior, a person who is wholeheartedly dedicated to the freedom and common good of all beings. And it has inspired many of the tradition's greatest teachers,

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

providing a remarkable source of insight on the means by which we may heal ourselves and our troubled world. These essential teachings present the core of the Buddhist path, from cultivating deep-seated confidence to infusing one's life with selflessness, joyfulness, kindness, and compassion. Pema Chödrön here invites you to journey more deeply into this liberating way of life, presenting Shantideva's text verse-by-verse and offering both illuminating stories and practical exercises to enrich the text and bring its timeless teachings to life in our world today. Previously published under the title *No Time to Lose*.

A woman who is slowly losing her sight and hearing chronicles her amazing life—from trying to hide her disability as a teenager to fully embracing life as an adult with humor and gratitude, completing a 600-mile bike race and hiking the Inca Trail—in a book where the author reflects not just on what she has lost, but also what she has gained. 30,000 first printing.

What does healthy intimacy look like? How do we keep the energy and passion alive in long-term relationships? What practices can help us forgive our partner when he or she has hurt us? How can we get a new relationship off to a strong and stable start? What do we do if we feel restless in a relationship or attracted to someone outside of our partner? These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has



## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality. Fidelity guides the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. Fidelity gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive, and practicing gratitude and appreciation. Fidelity is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together, and for those where infidelity or hurt may have occurred, and there is a need for best practices to re-weave the net of love and understanding. In addition to addressing everyday occurrences and challenges, Thich Nhat Hanh shows how traditional Buddhist teachings on attachment, deep listening, and loving speech can help energize and restore our relationships. Written in a clear and accessible style, and filled with personal stories, simple practices and exercises, Fidelity is for couples at all stage of relationships. It the guide book for anyone looking to create long-lasting and healthy intimacy. From the bestselling author of *When Things Fall Apart*, an open-hearted call for

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

human connection, compassion, and learning to love the world just as it is during these most challenging times. In her first new book of spiritual teachings in over seven years, Pema Chödrön offers a combination of wisdom, heartfelt reflections, and the signature mix of humor and insight that have made her a beloved figure to turn to during times of change. In an increasingly polarized world, Pema shows us how to strengthen our abilities to find common ground, even when we disagree, and influence our environment in positive ways. Sharing never-before told personal stories from her remarkable life, simple and powerful everyday practices, and directly relatable advice, Pema encourages us all to become triumphant bodhisattvas--compassionate beings--in times of hardship.

Welcoming the Unwelcome includes teachings on the true meaning of karma, recognizing the basic goodness in ourselves and the people we share our lives with--even the most challenging ones, transforming adversity into opportunities for growth, and freeing ourselves from the empty and illusory labels that separate us. Pema also provides step-by-step guides to a basic sitting meditation and a compassion meditation that anyone can use to bring light to the darkness we face, wherever and whatever it may be.

Inspired by the Buddhist tradition of the 108-day retreat, a Tibetan Buddhist nun offers instruction and meditations for achieving compassion and awareness in

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

everyday living.

In massmarket for the first time, *Start Where You Are* is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart, from bestselling author Pema Chodron. With insight and humour, she presents down-to-earth guidance on how to make friends with ourselves and develop genuine compassion towards others. This book shows how we can 'start where we are' by embracing rather than denying the painful aspects of our lives. Pema Chodron frames her teachings on compassion around fifty-nine traditional Tibetan Buddhist maxims, or slogans, such as: 'Always apply a joyful state of mind', 'Always meditate on whatever provokes resentment' and 'Be grateful to everyone'. Working with these slogans and through the practice of meditation, *Start Where You Are* shows how we can all develop the courage to work with our own inner pain and discover joy, well-being and confidence.

A collection of short inspirational readings by "one of the world's wisest women"--O, the Oprah Magazine. Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth,

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life. Ever feel trapped in the same old habits and painful emotions time and time again? These are patterns we all face, and sometimes they feel impossible to shake. So how can we get unstuck? Drawing on time-honored Buddhist teachings on shenpa (all the attachments and compulsions that cause us suffering), Pema Chödrön shows how certain habits of mind tend to “hook” us and get us stuck in states of anger, blame, self-hatred, addiction, and so much more—and, most of all, how we can liberate ourselves from them. “This path entails uncovering three basic human qualities,” explains Pema. “They are natural intelligence, natural warmth, and natural openness. Everyone, everywhere, all over the globe, has these qualities and can call on them to help themselves and others.” Pema shares insights and exercises from her lifetime of practice that we can immediately put to use in our lives to awaken these essential qualities and help us to take a bold leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

In this life-changing book, acclaimed Buddhist teacher Dzogchen Ponlop Rinpoche shows how to free yourself from being a victim of your emotions by gaining the awareness and understanding that will help you harness their power. Emotions bring color and meaning to our lives, but they can also put us on an exhausting rollercoaster ride that takes us to blissful peak states, the depths of delusion and despair, and everything in between. It is only by learning to relate to our emotions skillfully that we benefit from their richness and glean wisdom, rather than letting them control us. Emotions get their power from a simple but deep-seated source: our lack of self-knowledge. When we bring awareness to our experience of emotions, something truly amazing happens—they lose their power to make us miserable. In this book, Rinpoche leads us through the three steps of his Emotional Rescue Plan. Mindful Gap is the practice of creating a safe distance between you and your emotions, which gives you the psychological space to work with their energy. Clear Seeing involves recognizing the bigger picture. Last, Letting Go is the practice of releasing stressful physical and emotional energy through exercise, relaxation, and awareness. With each step, we become increasingly familiar with the inner workings of our emotions, seeing straight to the heart of anger, fear, passion, jealousy, and pride. With time and practice, instead of leading us astray, our emotions become our guide towards living a more compassionate, creative, and fulfilling life.

Discusses the Buddhist concept of shenpa in order to describe how to become free from the destructive energy experienced during moments of conflict.

The revered Buddhist teacher and author of *When Things Fall Apart* presents the lojong teachings and the ways in which they can enrich our lives. Welcome compassion and fearlessness as your guide, and you'll live wisely and effectively in good times and bad. But

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

that's easier said than done. In *The Compassion Book*, Pema Chödrön introduces a powerful, transformative method to nurture these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. For centuries, Tibetan Buddhists have relied on these teachings to awaken the deep goodness that lies within us. The lojong teachings include fifty-nine pithy slogans for daily contemplation, such as “Always maintain only a joyful mind,” “Don’t be swayed by external circumstances,” “Don’t try to be the fastest,” and “Be grateful to everyone.” This book presents each of these slogans and includes Pema’s clear, succinct guidance on how to understand them—and how they can enrich our lives. It also features a forty-five-minute downloadable audio program entitled “Opening the Heart,” in which Pema offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others. Many of us, without even realizing it, are dominated by fear. We might be aware of some of our fears—perhaps we are afraid of public speaking, of financial hardship, or of losing a loved one. Chögyam Trungpa shows us that most of us suffer from a far more pervasive fearfulness: fear of ourselves. We feel ashamed and embarrassed to look at our feelings or acknowledge our styles of thinking and acting; we don’t want to face the reality of our moment-to-moment experience. It is this fear that keeps us trapped in cycles of suffering, despair, and distress. Chögyam Trungpa offers us a vision of moving beyond fear to discover the innate bravery, trust, and delight in life that lies at the core of our being. Drawing on the Shambhala Buddhist teachings, he explains how we can each become a spiritual warrior: a person who faces each moment of life with openness and fearlessness. “The ultimate definition of bravery is not being afraid of who you are,” writes Chögyam Trungpa. In this book he offers the insights and

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

strategies to claim victory over fear.

"Living Beautifully is an inspirational journal filled with the wisdom of American Buddhist nun Pema Chodron. The journal includes over fifty quotes that share the essence of Pema's beloved teachings, with plenty of space for writing and reflection. It will be embellished with gold foil, ideal for gifting or as a treasured addition to any writer's collections of journals"-- Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillment At their first meeting, a remarkable bond was sparked between His Holiness the Dalai Lama, one of the world's most revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature and quality of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman prod and push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? Should a person extend her compassion to a torturer—and would that even be biologically possible? What does science reveal about the benefits of Buddhist meditation, and can Buddhism improve through engagement with the scientific method? As they come to grips with these issues, they invite us to join them in an unfiltered view of two great traditions and two great minds. Accompanied by commentaries on the findings of emotion research and the teachings of Buddhism, their interplay—amusing, challenging, eye-opening, and moving—guides us on a transformative journey in the understanding of emotions.

The first comprehensive biography of Adrienne Rich, feminist and queer icon and internationally revered National Book Award winning poet. Adrienne Rich was the female face

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

of American poetry for decades. Her forceful, uncompromising writing has more than stood the test of time, and the life of the woman behind the words is equally impressive. Motivated by personal revelations, Rich transformed herself from a traditional, Radcliffe-educated lyric poet and married mother of three sons into a path-breaking lesbian-feminist author of prose as well as poetry. In doing so, she emerged as both architect and exemplar of the modern feminist movement, breaking ranks to denounce the male-dominated literary establishment and paving the way for the many queer women of letters to take their places in the cultural mainstream. Drawing on a wealth of unpublished materials, including Rich's correspondence and in-depth interviews with numerous people who knew her, Hilary Holladay digs deep into never-before-accessed sources to portray Rich in full dimension and vivid, human detail.

When her granddaughter was accepted to Naropa University, the celebrated author Pema Chödrön promised that she'd speak at the commencement ceremony. *Fail, Fail Again, Fail Better* contains the wisdom shared on that day. "What do we do when life doesn't go the way we hoped?" begins Pema "We say, 'I'm a failure.'" But what if failing wasn't just "okay," but the most direct way to becoming a more complete, loving, and fulfilled human being? Through the insights of her own teachers and life journey, Pema Chödrön offers us her heartfelt advice on how to face the unknown—in ourselves and in the world—and how our missteps can open our eyes to see new possibilities and purpose. For Pema's millions of readers, prospective graduates, or anyone at a life crossroads, this gem of clarity and reassurance is sure to find a welcome place in many a kitchen, office, and backpack.

An American Buddhist nun encourages accepting everyday life and the wonders



## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

and pains of this world as the gateway to an enhanced spiritual life.

The author of *When Things Fall Apart* reveals the meaning behind 59 Buddhist teachings and how you can use them as touchstones for daily living. For centuries Tibetan Buddhists have relied on a collection of 59 pithy teachings—called lojong in Tibetan—to help them develop wisdom and compassion amid the challenges of daily living. In this book, Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. Each lojong, or slogan, is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it. The lojong teachings include: · "Always maintain only a joyful mind." · "Don't be swayed by external circumstances." · "Don't be so predictable." · "Be grateful to everyone." Inside *Always Maintain a Joyful Mind* readers will also find a link to an online audio program entitled "Opening the Heart." Here, Pema Chödrön offers in-depth instruction on tonglen meditation—a powerful practice that anyone can undertake to awaken compassion for oneself and others.

Most of us have never experienced such deep anxiety and uncertainty in the world as we are in these current times; this anthology of Buddhist teachings offers an antidote. While we can't control the home foreclosures, job losses, dwindling savings, and the other myriad challenges facing our society, Buddhism

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

teaches us that there is one thing we can always control: our own state of mind. How we react to the ups and downs of life makes all the difference, and Buddhism offers a wealth of wisdom and practices to help us maintain a stable, wise, and helpful state of mind no matter what happens. In the Face of Fear shows us how to

- remain open, joyful, and caring, even when life is stressful
- avoid old behavior patterns that only make things worse
- access our innate confidence and fearlessness
- turn difficult times into opportunities for spiritual development
- learn why caring for others is the best way to relieve our own suffering
- discover that our true nature is always awake, wise, and good, no matter what is happening

This anthology features the greatest contemporary Buddhist teachers and writers—people renowned for addressing precisely the problems we're facing today—including the Dalai Lama, Pema Chödrön, Thich Nhat Hanh, Chögyam Trungpa, Sylvia Boorstein, Jack Kornfield, Norman Fischer, Jon Kabat-Zinn, Sharon Salzberg, and many others. Pema Chödrön reveals the vast potential for happiness, wisdom and courage even in the most painful circumstances. Featuring a new foreword by Pema Chödrön, this Tibetan Buddhist classic explores the meaning of freedom and how we can attain it through meditation. Freedom is generally thought of as the ability to achieve goals and satisfy

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

desires. But what are the sources of these goals and desires? If they arise from ignorance, habitual patterns, and negative emotions, is the freedom to pursue these goals true freedom—or is it just a myth? In *The Myth of Freedom and the Way of Meditation*, Chögyam Trungpa explores the true meaning of freedom, showing us how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He also explains how meditation can bring into focus the causes of frustration, and how these negative forces can aid us in advancing toward true freedom. Trungpa's unique ability to express the essence of Buddhist teachings in the language and imagery of contemporary American culture makes this book one of the best, most accessible sources of the Buddhist doctrine ever written.

Scaling a business is not for the faint of heart. It's a mind-bending journey that causes millions of business owners around the globe to either throw in the towel—or avoid risk entirely and suffer from smallness and mediocrity. Most of these businesses fail because they are ill prepared to face the real challenges involved in scaling. Either they don't have the bandwidth to keep up with the sales demand or production, miss out on major opportunities due to fear, or keep making the same mistakes over and over because systems and processes aren't in sync with the rate of growth. To truly scale, you must upsize your

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

strategic practices, implement new marketing strategies, find new ways to build your team, and expand your mindset to break through whatever is keeping you stuck at the same level. Then you must be willing to take the leap into the giant unknown – to make your impossible possible. In *Scale or Fail*, author Allison Maslan—who has successfully scaled ten companies from scratch and has guided thousands of small businesses to do the same—shares her revolutionary SCALEit Method® for successfully growing, replicating, and expanding your business. She also shares pivotal mindset strategies she’s used to break the fear barrier as a trapeze artist so you can move past any obstacle, take strategic Big Picture risks, and fulfill your dreams of business expansion and skyrocketing profit. Featuring a wealth of real-life success stories, visual tools, and exercises that are prescriptive and inspirational, *Scale or Fail* offers proven scaling strategies and a proactive approach to: Create your Big Picture Vision and build a plan to achieve it Produce an ever-flowing stream of cash flow with consistent profits Establish a powerhouse team that functions well without you Become a true leader and feel like you deserve your success Improve systems and processes that facilitate scaling Get past the mental and strategic pitfalls that cause revenue bottlenecks *Scale or Fail* is adaptable to any type of business—manufacturing, consumer goods, a brick and mortar, a digital service, a wholesaler, a consulting service,

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

and everything in between. Whether you're six figures and scaling to seven. . . or in the seven figures and scaling to eight or even nine, Scale or Fail provides the roadmap to multiply your business growth—and empower you to soar in the air with the greatest of ease.

Drawn from traditional Buddhist wisdom, Pema Chodrons radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations.--from back cover. Learn to free yourself from destructive habits and live a life of courage and compassion with these heart-to-heart teachings from "one of the world's wisest women" (O, the Oprah Magazine). Ever feel trapped in the same old habits and painful emotions time and time again? These are patterns we all face, and sometimes they feel impossible to shake. So how can we get unstuck? Drawing on time-honored Buddhist teachings on shenpa (all the attachments and compulsions that cause us suffering), Pema Chödrön shows how certain habits of mind tend to “hook” us and get us stuck in states of anger, blame, self-hatred, addiction, and so much more—and, most of all, how we can liberate ourselves from them. “This path entails uncovering three basic human qualities,” explains Pema. “They are natural intelligence, natural warmth, and natural openness. Everyone, everywhere, all over the globe, has these qualities and can call on

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

them to help themselves and others.” Pema shares insights and exercises from her lifetime of practice that we can immediately put to use in our lives to awaken these essential qualities and help us to take a bold leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

Inspiration and encouragement for cultivating kindness—by embracing the joy, suffering, confusion, and brilliance of our everyday lives—from the author of *When Things Fall Apart* Do you want to be a more compassionate person, confident and unafraid to love yourself and the world around you unconditionally, but aren’t sure how? We often look far and wide for guidance to become better people, as though the answers were somewhere out there. But Pema Chödrön suggests that the best and most direct teacher for awakening loving-kindness is in fact your very own life. Based on talks given during a one-month meditation retreat at Gampo Abbey, where Pema lives and teaches, her teachings here focus on learning how to see the events of our lives as the perfect material for learning to love ourselves and our world playfully and wholeheartedly—and to live in our skin fearlessly, without aggression, harshness, or shame. This is instruction for embarking on the greatest adventure of all, to come alive to your inherent human kindness. “Perhaps what makes Pema's message resonate so strongly with

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

people, no matter what their religion or spiritual path, is its universality.” —O, The Oprah Magazine

The author of the best-selling *When Things Fall Apart* offers insightful and compassionate advice on uncovering inner wisdom and opening one's heart while refusing to allow resentment and fear to block one's inner light. Reprint. Counsels readers on the Buddhist concept of *shenpa* to explain how to free oneself from destructive energy experienced as a sensation of tightening and negativity at moments of conflict, explaining how to replace angry or addictive responses with courage and compassion.

More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover:

- The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness
- 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

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

Here is a indispensable book from the meditation teacher who remains a first choice for students the world over. Ani Pema Chödrön is an American-born Tibetan Buddhist nun and best selling author. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren.

Best-selling author and spiritual teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in difficult times. Life so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable—to our deep-seated habits and familiar ways? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a treasure trove of wisdom for learning to step right into the unknown, to completely and fearlessly embrace the groundlessness of being human. When we do, we begin to see not only how much better it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

Shyness is a common problem that comes with a high price. If you suffer from



## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations. With *The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness*, the authors' acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time. This program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the feelings, thoughts, and behavior that may arise as you learn to work past your anxiety. By keeping your values front and center, you will gradually learn to move beyond your fears and toward greater social confidence. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction

## Download Ebook Taking The Leap Freeing Ourselves From Old Habits And Fears

with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

[Copyright: 20bd3b49a32db41004932ecb9a2b706c](https://www.amazon.com/dp/B000APR004)