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Always Maintain A Joyful Mind

The lojong teachings include: "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." Each slogan is

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Chödrön
followed by Pema Chödrön's accessible and succinct
commentary on how to understand and apply it.

Always Maintain a Joyful Mind - Shambhala

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Amazon.com: Always Maintain a Joyful Mind (Book and CD

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This book presents this transformative spiritual practice (called lojong in Tibetan) in a way that readers of any background can understand and put to use. Always Maintain a Joyful Mind features fifty-nine powerful maxims including, "Always maintain a joyful mind" "Don't be so predictable" "Be grateful to

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Always Maintain a Joyful Mind: And Other Lojong Teachings ...

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Always Maintain a Joyful Mind (Book and CD): And Other ...

Always maintain a joyful mind. is about not taking yourself too seriously and remembering that no matter what's going on, you can have an optimistic approach to life.. The original lojong slogan is more or less the same: Always maintain only a joyful

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mind. On the surface, it seems callous and simplistic to suggest that you should always be joyful.

Slogan 21: Always Maintain A Joyful Mind - Free Your Pen

The aptly titled *Always Maintain A Joyful Mind* offers readers 59 concise slogans called Lojong by the Tibetan Buddhists who developed them. Accompanying each one is a few lines of explanatory commentary by American Buddhist nun Pema Chodron. Chodron, who has penned several books on Buddhism, gives readers a great introduction to a series of ideas designed for those who want to start on the ...

Book Review: Always Maintain a Joyful Mind - Vitality Magazine

Buy a cheap copy of *Always Maintain a Joyful Mind* (Book and... by Pema Chödrön. For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in

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Tibetan) to help them develop wisdom and compassion amid...
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Always Maintain a Joyful Mind (Book and... by Pema Chödrön

Always maintain a joyful mind is about not taking yourself too seriously and remembering that no matter what's going on, you can have an optimistic approach to life.. The original lojong slogan is more or less the same: Always maintain only a joyful mind. On the surface, it seems callous and simplistic to suggest that you should always be joyful.

Buddhist Writing Prompt: Always Maintain A Joyful Mind

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Always Maintain A Joyful Mind??? The world is in turmoil. With warfare and global warming seemingly stewing us in our own juices these are stressful times. At this point, our political

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economy seems to be on the way backwards towards some sort of 19th century plutocracy where a few folks cruise and most of us other folks tread water -- or ...

Monday Morning Mindfulness: Always Maintain a Joyful Mind!?

The Practice is about calming your mind and opening your heart enough to engage Life directly, to be more fully Present in a kind, clear, and helpful way." Your MMM Courtesy Wake Up Call! ... "Always maintain a joyful mind."-- The 21st Lojong Slogan ...

Monday Morning Mindfulness: Always Maintain a Joyful Mind???

Always Maintain A Joyful Mind. By Linda Lancashire | Published: May 18, 2020. Hello Readers, It is how we face all the things that seem to be negative in our lives that determines the kind of person we become.

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Always Maintain A Joyful Mind - Linda Lancashire

Always maintain only a joyful mind. Constantly apply cheerfulness, if for no other reason than because you are on this spiritual path. Have a sense of gratitude to everything, even difficult emotions, because of their potential to wake you up.

A Joyful Mind - Donna Bearden

Get this from a library! Always maintain a joyful mind : and other lojong teachings on awakening compassion and fearlessness. [Pema Chödrön; Nalanda Translation Committee.] -- For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living.

Always maintain a joyful mind : and other lojong

Online Library Always Maintain A Joyful Mind And Other Lojong Teachings On Awakening Compassion Fearlessness Book Cd Pema **teachings ...**

Always Maintain a Joyful Mind is a catchy title and I snapped up this book, read it in one hour. The Lojong slogans (59) and commentaries are lovely as they are intelligent, reminding us to be generous with our daily joys and our worldly delights. Share all pleasures and spread joy in the world!

Always Maintain a Joyful Mind: And Other Lojong Teachings ...

Always maintain only a joyful mind. The next two slogans - "Always maintain only a joyful mind" and "If you can practice even when distracted, you are well trained" - go hand in hand. The first is saying that if you regard everything that arise as fuel to wake up, you can remain cheerful. The...

Always maintain only a joyful mind. | Dharma for Everyone

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Always maintain a joyful mind : and other lojong teachings on awakening compassion and fearlessness Chodron , Pema For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living.

Always maintain a joyful mind : and other lojong teachings ...

'Always maintain only a joyful mind' is quite the slogan and one I found easier to contemplate when I looked at a few other translations. In Traleg Kyabgon's book, The Practice of Lojong ...

Lojong Practice Journal: Always maintain only a joyful mind

21. Always maintain only a joyful mind. Joy doesn't have that good a reputation in our culture. We tend to associate it with

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idiocy or with people who are spaced out or stupid, people who are blithely ignorant of the state of the world or simply too self-absorbed to bother.

Train Your Mind: Always maintain only a joyful mind ...

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