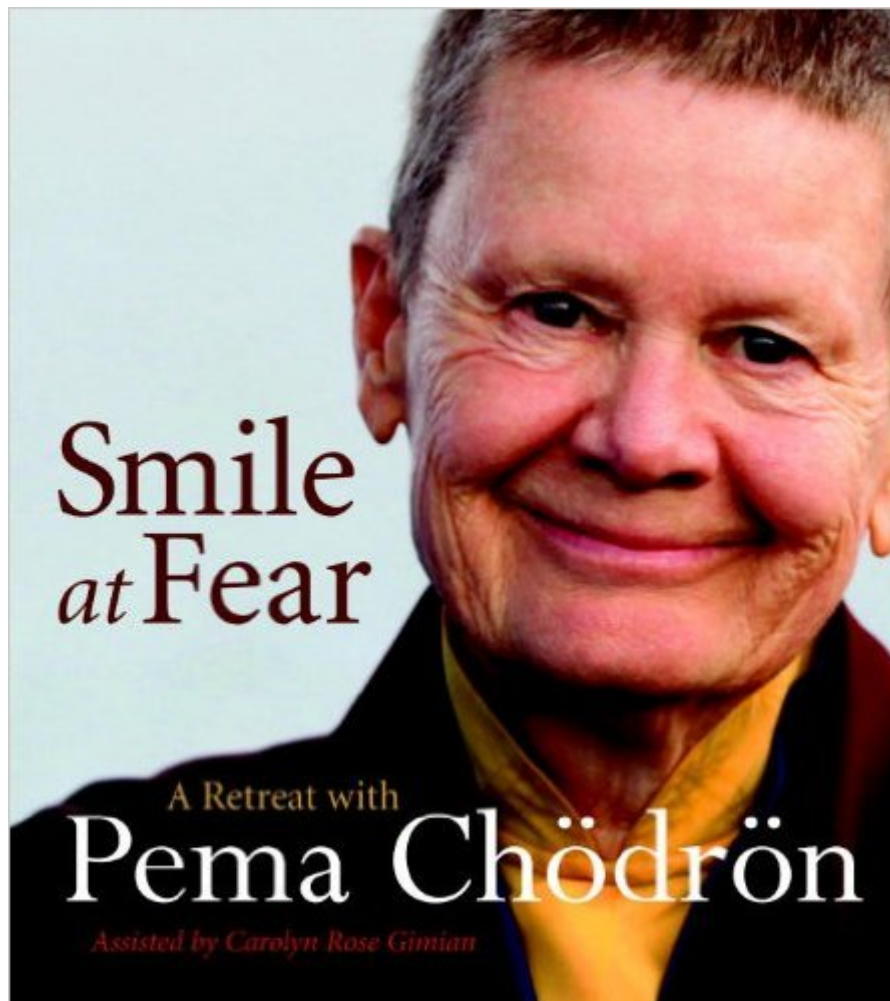


The book was found

Smile At Fear: A Retreat With Pema Chodron On Discovering Your Radiant Self-Confidence



Synopsis

We all have fears, but when we look closely at them, we discover that behind each fear resides a basic fear of ourselves. We're afraid to look at our habitual styles of thinking and behaving because we might not always like what we see. Ironically it is this fear of honest self-reflection that keeps us trapped in patterns of stress and discontentment. Here is a vision for moving beyond this most basic fear to discover the innate bravery, trust, and joy that reside at the core of our being. In this recorded retreat, Pema Chödrön shares teachings inspired by the book *Smile at Fear*, which was written by her teacher Chögyam Trungpa. She, and her teaching assistant, Carolyn Rose Gimian, also share practices they received from Trungpa Rinpoche for courageously meeting ourselves in the present moment, including:

- The Windhorse Practice: a three-step meditation on awakening confidence
- Spiritual Warrior training for meeting life with courage and compassion
- Meditation instruction for calming the mind and developing concentration

4 CDs, 4 hours

Book Information

Audio CD: 4 pages

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Best Sellers Rank: #201,250 in Books (See Top 100 in Books) #79 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #87 in Books > Books on CD > Health, Mind & Body > Meditation #213 in Books > Self-Help > Anxieties & Phobias

Customer Reviews

I received *Smile at Fear* audio CD, and it is not Pema Chodron reading "Smile at Fear" to you. It is recorded from one of her retreats and she discusses the book's concepts in a very nurturing manner. At the time of my receiving these CDs (4 CD's) I was going through a difficult struggle of feelings of inadequacy. Pema touches on those same feelings she had with a former friend. It stopped me in my tracks because it made me realize several things I had not thought of, one of which was my need to run away from these feelings, either physically get away or escape with food to

comfort me. I can recount many friends I have turned away from and family I have moved away from just to escape these deep feelings of pain and unworthiness, not to mention an extra 30 lbs gained. Pema has helped me to realize that I can touch those feelings as painful as they are and realize that I'm not going to die. She gives great instruction on how to help yourself when you head down a path of emotional pain, which is described as "wind horse". She helps you step by step (3 steps) and then reviews them again with you. I have to say as the holidays approach and I will be forced to share the space with a few of those people who often make me feel bad about myself, I plan to use the steps she has given in hopes of enjoying these people, rather than closing up and preparing myself with dread as I have in the past. She points out that whatever we tend to run away from, those situations will keep arising over and over for us to learn from them. So with this in mind, I look forward to learning from these "teachers" so that as time goes by I will open my heart to any situation rather than run from it.

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