



Be Grateful to Everyone: An In-Depth Guide to the Practice of Lojong

Pema Chodron

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One of the best ways to bring meditation off the cushion and into everyday life is to practice lojong (or mind training). For centuries, Tibetans have used fifty-nine powerful mind-training slogans as a way to transform life's ordinary situations into opportunities for awakening. In this seven-CD program, Pema Chödrön presents her definitive audio teachings on lojong. She offers an overview of the practice and goes on to provide inspiring commentary on the slogans while paying special attention to how to apply them on the spot in our daily lives. The CDs include:

- Practical commentary to enhance our understanding of the lojong slogans
- Seven writing and reflection exercises to help us engage deeply with the slogans
- Meditation instructions to help us relax, let go, and uncover our uncaught-up mind
- On-the-spot methods to deepen our bodhichitta, our compassion for all beings
- Question-and-answer sessions that address some of the most common issues that arise in lojong practice
- Two guided meditations on tonglen—a compassion practice based on the understanding that the very thing that triggers suffering can become the foundation of happiness

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