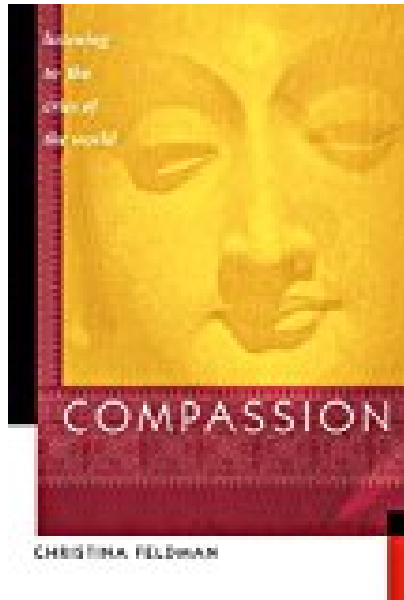


Compassion Listening to the Cries of the World



BOOK DETAILS

- Author : Christina Feldman
- Pages : 192 Pages
- Publisher : Rodmell Press
- Language : English
- ISBN : 1930485115

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BOOK SYNOPSIS

Do you turn away from your own physical and emotional pain? Do you withhold empathy or give yourself away when witnessing another's pain? Do you lash out or withdraw when you feel that someone has harmed you? Is it possible to learn to respond to rather than react against what feels unbearable? Drawing on her experience as a Buddhist practitioner and teacher, Christina Feldman asserts that it is possible, but only if we turn, time and again, toward compassion, which she describes as the "innate, natural condition of our hearts." She says, "You do not need to be a saint to find the grace and transformative power of compassion; you need only to be willing to pay attention to pain and its cause and to commit yourself to its end." She offers techniques for developing the capacity to hold adversity, loss, and pain—with love. Her guided meditations will teach you to cultivate and sustain compassion for the blameless, for those who cause suffering, for those whom you love, and for yourself.

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