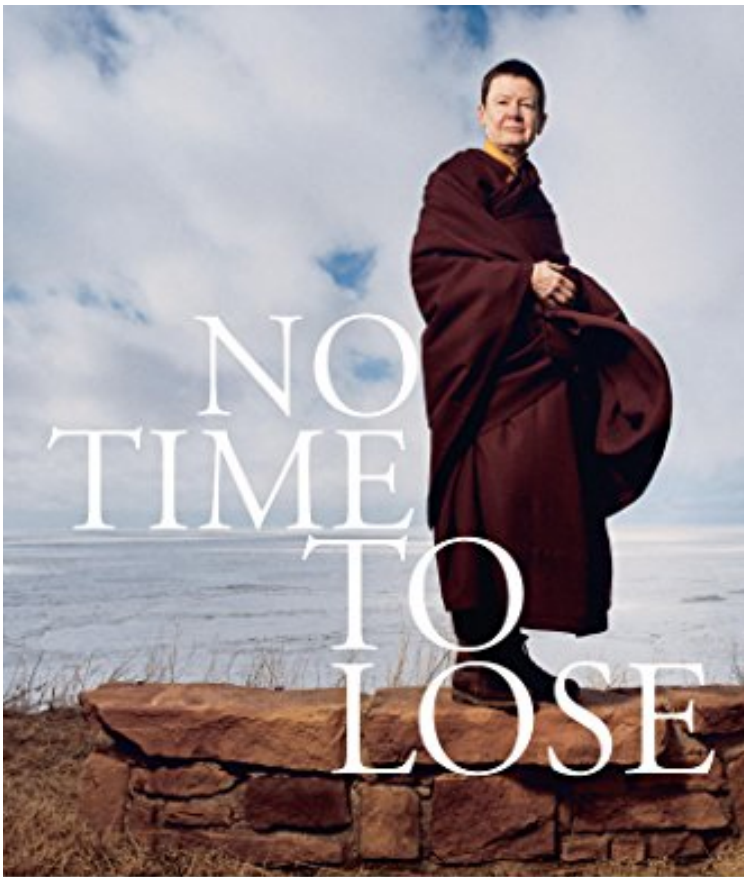


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No Time to Lose: A Timely Guide to the Way of the Bodhisattva



A TIMELY GUIDE TO THE WAY OF THE BODHISATTVA

PEMA CHÖDRÖN
Author of When Things Fall Apart

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Par Pema Chodron : No Time to Lose: A Timely Guide to the Way of the Bodhisattva before purchasing it in order to gage whether or not it would be worth my time, and all praised No Time to Lose: A Timely Guide to the Way of the Bodhisattva:

Description :

Prsentation de l'diteurOver the years, Pema Chdrn'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 Chdrn 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. Chdrn 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 Chdrn urges us to embark on this transformative path today, writing, "There is no time to lose but not to worry, we can do it." Extrait Rejoicing Let's say you're out walking and you notice the beauty of the sky. Right on the spot you could rejoice in that very thing. You could rejoice in your good fortune to be in such a beautiful place. Or you might notice, "Well, what do you know? I just did something kind." And you rejoice in that. Maybe you spontaneously said something encouraging, or helped someone with their heavy bags. That instinct to reach out was right there within you. Whatever form it takes, you can rejoice in that virtue, in that tenderness within you. When others are happy and doing well you can rejoice in their good fortune as well. There are continual opportunities to rejoice in your own good fortune and the good fortune of others. Someone may simply get a letter or a compliment that makes them happy. Or, a person who's been very depressed may have some personal insight that lifts their spirits. Right on the spot we can rejoice in their good fortune. Generally this is not so easy to do. It's not the natural inclination or habit of mind. Instead, what we notice is our feeling of not-so-glad-about-our-good-fortune or anyone else's. When you're having a really bad day, seeing someone else having a good day usually does not give you joy. Very likely you thoroughly resent it. Or when someone else gets the job promotion you wanted, your first instinct may not be to rejoice in their good fortune. If you make it your practice to rejoice for even one week, it will probably show you some envy and resentment you didn't even know you had. Who would have thought that the practice of rejoicing would be a setup for seeing our neurosis? The usual response to this is to feel we've blown it. For the aspiring bodhisattva, this is not the case. When your intention is to wake up so that you can help others to do the same, then you can rejoice in your capacity to see where you're stuck as much as you rejoice in your capacity for loving kindness. There is no other way for true compassion to emerge. No other way to water the seed of bodhichitta. This is how you know what other people are up against. Just like you, they aspire to open, only to see themselves close. Just like you, they have the capacity to feel joy and, out of ignorance, they block that joy. The difference is that we can get smart and begin to see when we get hooked and do something different. Instead of going on automatic pilot, and following the same old momentum, we could let the storyline go and stay present with an open heart. And we could rejoice that we are even slightly interested in choosing such a fresh alternative. Revue de presse No Time to Lose represents the fruition of Chdrn's years of practice and study: a traditional commentary in which passages from The Way of the Bodhisattva are interspersed with her ever-approachable and pithy instructions for daily life. Parabola In this ambitious and profound work, Chdrn hits high stride, creating a wide-ranging, accessible, and soul-stirring commentary on the classic Buddhist text The Way of the Bodhisattva. Spirituality and Health Narrator Joanna Rott is a student of Buddhism and puts her experience to good use here, capturing crucial nuances of the text and clearly presenting them to listeners. Rott's performance projects calm, but possesses enough energy to convey the authors' calls to action, as well as a motherly tone that evokes nurturing and balance. Publishers

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