



When Pain is the Doorway: Awakening in the Most Difficult Circumstances

Pema Chödrön

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What if the full sense of our aliveness were only to be found amidst our most challenging times and difficult experiences? In pain and crisis, teaches Pema Chödrön, there lies a hidden doorway to freedom that appears to us only when we're sure that there is no way out. <?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

In these intimate audio learning sessions, Pema Chödrön helps us distinguish the *triggers* or external events that we blame for our suffering from the deeper habitual patterns that feed our anger, fear, or sadness. From this understanding, we learn how to free ourselves from our propensity to suffer through the transformative awareness of impermanence—the dynamic and ever-shifting nature of both joy and suffering, self and selflessness—and the absolute and eternal flow from which all of it arises.

What is causing my pain? What will happen if I simply lean in, keep company with it, hold it with tenderness? Moment by moment, Pema supports and encourages listeners to bring an openhearted sense of curiosity and welcoming to our apparently impossible situations or unbearable relationships—to discover the deeper freedom available just beneath the surface.

For those experiencing emotional crisis, *When Pain Is the Doorway* provides expert guidance to help us stop, stay present, and enter into a more welcoming, spacious place of being that is our true home.

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Deborah Tate:

The book When Pain is the Doorway: Awakening in the Most Difficult Circumstances has a lot details on it. So when you read this book you can get a lot of profit. The book was published by the very famous author. Tom makes some research ahead of write this book. This specific book very easy to read you may get the point easily after looking over this book.

Fred Green:

Reading can called imagination hangout, why? Because when you are reading a book especially book entitled When Pain is the Doorway: Awakening in the Most Difficult Circumstances your head will drift away trough every dimension, wandering in each aspect that maybe not known for but surely might be your mind friends. Imaging each word written in a book then become one application form conclusion and explanation which maybe you never get ahead of. The When Pain is the Doorway: Awakening in the Most Difficult Circumstances giving you an additional experience more than blown away the mind but also giving you useful details for your better life on this era. So now let us show you the relaxing pattern is your body and mind is going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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