



The Heart of Bravery: A Retreat with Sakyong Mipham and Pema Chodron

Sakyong Mipham, Pema Chodron

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Two of the world's most beloved spiritual teachers and leading figures in the Shambhala tradition of Buddhism discuss the core principles and practices of the tradition and how personal meditation practice can forge an enlightened society.

Best-selling authors Pema Chödrön and Sakyong Mipham get to the heart of Shambhala practice in this recorded retreat on the ways that inner peace and bravery can help us cultivate compassionate action and positive societal change. They offer insight on the inherent strength and goodness of humanity and on how each of us can tap into that strength through meditation practice. Sakyong Mipham provides guided practices on core Shambhala meditations for developing courage, love for others, and respect for others' basic human dignity; Pema Chödrön teaches extensively on how personal spiritual practice relates to community betterment; and a compelling panel discussion with Shambhala teacher Adam Lobel and Episcopal Rev. Marc Handley Andrus reviews how the retreat's teachings can be brought to bear in today's interconnected global society.

Running time: 4 hours, 45 minutes

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Donald Ventura:

Playing with family in the park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Heart of Bravery: A Retreat with Sakyong Mipham and Pema Chodron, you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

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