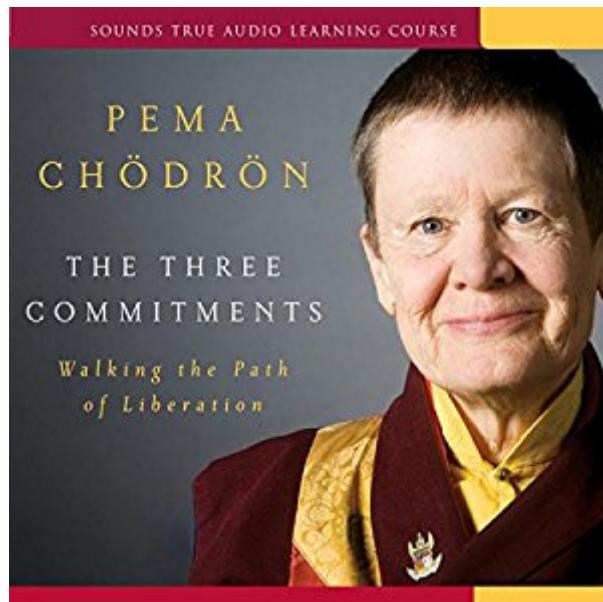


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The Three Commitments: Walking The Path Of Liberation



Synopsis

Tibetan Buddhism describes three gates that everyone must pass through on the road to spiritual liberation. With the Three Commitments, Pema Chodron brings her unique blend of insight and gentle instruction to guide practitioners through each of these thresholds as they seek the source of true happiness. As Pema explains, suffering arises when we resist the laws of impermanence - the fact that everything we know, including ourselves, will one day die. Here she provides teachings and practices for fully embracing life's ephemeral nature using these three traditional monastic vows or "commitments".

Book Information

Audible Audio Edition

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Customer Reviews

Pema Chodron walks her talk, and challenges her students to do the same. Not at all rambling, though the first session is, as the writer described, an introduction and an extended period of silence. Perfectly appropriate. Also, there was some spotty sound quality here and there, but it presented no more than momentary inconveniences. I particularly enjoy her personable and non-pretentious style, her command of her domain, and her heartfelt desire for her audience to practice with some earnestness, instead of engaging in what is increasingly seen as a frenetic search for enlightenment, hopping from teaching to teaching, without the willingness to do the hard work of seeing and accepting ourselves as we truly are, unconditionally. It is curious, given that unconditional acceptance seems to be one of the things humans long for the most! At any rate, I am immersed in the fascinating nuances of the teachings as presented here, and find myself even more fully committed to this adventurous path of discovery than before, by grace of her lucid explication of

very subtle concepts. She makes it look easy! Pema is clearly an authentic voice, and forces upon me a clarity worth far more than the cost of this recording.

I've been listening to Pema cd's in my car on the way to work for a super long time. As the sun is rising, my bodhichitta is rising as I am reminded of basic buddhist principles by listening to Pema. I really like this series of cd's as I'm really into listening about the path of the Bodhisattva. Just the simple daily focus to help others rather than focusing on myself, what will happen to me, what will I get out of this...blah blah, has really changed my life. I also practice what Sakyong Mipham Rinpoche sent (in a daily mass email) -- to look in the mirror each morning and say "It's not about you!" That is so liberating for me as my mind most often thinks something other than that! "No Time To Lose" is also a great book! Listening to Pema, practicing meditation...be forewarned! It could lead to happiness! These tapes, like other Pema cd's, are keepers...even if they too are transient. May you be happy!

I have been listening to this and plan listening to it again and again. I am learning so much from it and it is so easy to, bit by bit. How much one takes in at once is probably a reflection of the level one is at & we just have to work with that, taking the time and repetitions we need. I just have to give it my attention and it pours all these marvellous distillations of the fruits of Pema's long application to Tibetan Buddhism. What a gift! What a marvellous opportunity! I am writing this review because I am so taken with and grateful for its guidance. Pema takes me to greater understanding and better coping. While Pema does reference noted Buddhist minds, she puts all the material in plain english. She really knows this stuff and her audience and facilitates the transmission from one to the other. And she covers a great deal, from meditation up; things one needs to know to become liberated. This set of seven CDs presents what Pema Chodron's mature, informed and insightful mind has selected to move us out of living life badly into living it comfortably, finding joy. So a lot is covered. One needs to pay attention and take it on board. It is presented in a very humble, honest and kindly manner, which I think helps a lot. Pema does use some Tibetan jargon, but this is no problem to a sincere traveller. She explains most of it and you can always note the words & look them up & play it again. And the compact nature of the wisdom in these CDs means most people will need to listen to them a lot to really hear & understand all she is saying. It's not that she is incomprehensible; it's that this wisdom is extensive and deep. It strikes me as being universal in its essence. Enjoy!

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