

Noble Heart

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2026-06

Synopsis

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inLanguage	english

Learn how to use the gift of pain with Pema Chodron, a Buddhist nun in the Tibetan Vajrayana tradition. She teaches that it is in suffering where you will find the seeds of your awakening and that vulnerability is actually your greatest spiritual resource. You'll learn how to create your own spiritual retreat, the key teachings necessary for cultivating your own "soft spot" - the gateway to your own noble heart, the promise of the Four Limitless Ones, and the teachings on the Six Paramitas: the Buddha's own map of the journey to enlightenment. This program was recorded within the peaceful shrine room of Gampo Abbey, Chodron's home on the cliffs of Cape Breton Island, Nova Scotia.

Reader's comments

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