



Living Beautifully: with Uncertainty and Change

By Pema Chodron

[Download now](#)

[Read Online](#) 

Living Beautifully: with Uncertainty and Change By Pema Chodron

The best-selling author and spiritual teacher shares practices for living with wisdom and integrity even in confusing and uncertain situations.

Is it possible to live well when the very ground we stand on is shaky? Yes, says everyone's favorite Buddhist nun, it's even possible to live beautifully, compassionately, and happily on shaky ground—and the secret is: the ground is always shaky. Pema shows how using a traditional Buddhist practice called the Three Vows or Three Commitments, offering us a way to relax into profound sanity in the midst of whatever non-sanity is happening around us. Just making these simple aspirations can change the way we look at the world and can provide us with a lifetime of material for spiritual practice.

The Three Commitments are three methods for embracing the chaotic, uncertain, dynamic, challenging nature of our situation as a path to awakening. The first of the commitments, traditionally called the Pratimoksha Vow, is the foundation for personal liberation. This is a commitment to doing our best to not cause harm with our actions or words or thoughts, a commitment to being good to each other. It provides a structure within which we learn to work with our thoughts and emotions, and to refrain from speaking or acting out of confusion. The next step toward being comfortable with groundlessness is a commitment to helping others, traditionally called the Bodhisattva Vow. It is a commitment to dedicate our lives to keeping our hearts and minds open, and nurturing our compassion with the longing to ease the suffering of the world. The last of the three commitments, traditionally known as the Samaya Vow, is a resolve to embrace the world just as it is, without bias; a resolve to see everything we encounter, good and bad, pleasant and painful, as a manifestation of awakened energy. It is a commitment to see everything and anything as a means by which we can awaken further.



[Download Living Beautifully: with Uncertainty and Change ...pdf](#)



[Read Online Living Beautifully: with Uncertainty and Change ...pdf](#)

Living Beautifully: with Uncertainty and Change

By Pema Chodron

Living Beautifully: with Uncertainty and Change By Pema Chodron

The best-selling author and spiritual teacher shares practices for living with wisdom and integrity even in confusing and uncertain situations.

Is it possible to live well when the very ground we stand on is shaky? Yes, says everyone's favorite Buddhist nun, it's even possible to live beautifully, compassionately, and happily on shaky ground—and the secret is: the ground is always shaky. Pema shows how using a traditional Buddhist practice called the Three Vows or Three Commitments, offering us a way to relax into profound sanity in the midst of whatever non-sanity is happening around us. Just making these simple aspirations can change the way we look at the world and can provide us with a lifetime of material for spiritual practice.

The Three Commitments are three methods for embracing the chaotic, uncertain, dynamic, challenging nature of our situation as a path to awakening. The first of the commitments, traditionally called the Pratimoksha Vow, is the foundation for personal liberation. This is a commitment to doing our best to not cause harm with our actions or words or thoughts, a commitment to being good to each other. It provides a structure within which we learn to work with our thoughts and emotions, and to refrain from speaking or acting out of confusion. The next step toward being comfortable with groundlessness is a commitment to helping others, traditionally called the Bodhisattva Vow. It is a commitment to dedicate our lives to keeping our hearts and minds open, and nurturing our compassion with the longing to ease the suffering of the world. The last of the three commitments, traditionally known as the Samaya Vow, is a resolve to embrace the world just as it is, without bias; a resolve to see everything we encounter, good and bad, pleasant and painful, as a manifestation of awakened energy. It is a commitment to see everything and anything as a means by which we can awaken further.

Living Beautifully: with Uncertainty and Change By Pema Chodron Bibliography

- Sales Rank: #3784 in Books
- Brand: Shambhala Publications
- Published on: 2013-10-08
- Released on: 2013-10-08
- Original language: English
- Number of items: 1
- Dimensions: 7.12" h x .40" w x 5.00" l, .35 pounds
- Binding: Paperback
- 160 pages



[Download Living Beautifully: with Uncertainty and Change ...pdf](#)



[Read Online Living Beautifully: with Uncertainty and Change ...pdf](#)

Download and Read Free Online Living Beautifully: with Uncertainty and Change By Pema Chodron

Editorial Review

About the Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many best-selling books, including *When Things Fall Apart*.

Excerpt. © Reprinted by permission. All rights reserved.

"The Three Commitments are three levels of working with groundlessness. Underlying them all is the basic instruction to make friends with yourself—to be honest with yourself and kind. This begins with the willingness to stay present whenever you experience uneasiness. As these feelings arise, rather than running away, you lean into them. Instead of trying to get rid of thoughts and feelings, you become curious about them. As you become accustomed to experiencing sensation free of interpretation, you will come to understand that contacting the fundamental ambiguity of being human provides a precious opportunity—the opportunity to be with life just as it is, the opportunity to experience the freedom of life without a story line."

—from *Living Beautifully*

Users Review

From reader reviews:

George Finch:

As people who live in often the modest era should be revise about what going on or info even knowledge to make all of them keep up with the era and that is always change and progress. Some of you maybe can update themselves by reading through books. It is a good choice for you personally but the problems coming to an individual is you don't know what type you should start with. This Living Beautifully: with Uncertainty and Change is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

Margaret Watkins:

Do you among people who can't read gratifying if the sentence chained inside straightway, hold on guys this particular aren't like that. This Living Beautifully: with Uncertainty and Change book is readable by you who hate those perfect word style. You will find the details here are arrange for enjoyable studying experience without leaving possibly decrease the knowledge that want to deliver to you. The writer of Living Beautifully: with Uncertainty and Change content conveys objective easily to understand by lots of people. The printed and e-book are not different in the content material but it just different such as it. So , do you still thinking Living Beautifully: with Uncertainty and Change is not loveable to be your top record reading book?

Matthew Blackburn:

The particular book Living Beautifully: with Uncertainty and Change has a lot of information on it. So when

you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. This articles author makes some research ahead of write this book. This particular book very easy to read you can get the point easily after perusing this book.

Michael Lucius:

Is it anyone who having spare time in that case spend it whole day through watching television programs or just telling lies on the bed? Do you need something totally new? This Living Beautifully: with Uncertainty and Change can be the respond to, oh how comes? A book you know. You are so out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

Download and Read Online Living Beautifully: with Uncertainty and Change By Pema Chodron #JNM2Q90FCY8

Read Living Beautifully: with Uncertainty and Change By Pema Chodron for online ebook

Living Beautifully: with Uncertainty and Change By Pema Chodron Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Living Beautifully: with Uncertainty and Change By Pema Chodron books to read online.

Online Living Beautifully: with Uncertainty and Change By Pema Chodron ebook PDF download

Living Beautifully: with Uncertainty and Change By Pema Chodron Doc

Living Beautifully: with Uncertainty and Change By Pema Chodron MobiPocket

Living Beautifully: with Uncertainty and Change By Pema Chodron EPub

JNM2Q90FCY8: Living Beautifully: with Uncertainty and Change By Pema Chodron