



# **Always Maintain a Joyful Mind: And Other *Lojong* Teachings on Awakening Compassion and Fearlessness**

*Pema Chodron*

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For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called *lojong* in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives.

The *lojong* teachings include: "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." Each slogan is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it.

This book also features a forty-five-minute audio program entitled "Opening the Heart," in which Pema Chödrön offers in-depth instruction on *tonglen* meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

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