



# The Compassion Box: Book, CD, and Card Deck

*Pema Chodron*

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## **The Compassion Box: Book, CD, and Card Deck** Pema Chodron

For many centuries Tibetan Buddhists have used a traditional collection of pithy, penetrating slogans to help them develop equanimity, intelligence, and compassion amid the turbulence of daily life. This boxed set presents all the tools needed to learn this transformative practice (called *lojong* in Tibetan), presented in Pema's accessible, down-to-earth style.

*The Compassion Box* contains a set of finely produced cards presenting fifty-nine powerful maxims, including "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." The cards can be displayed at work or home for guidance and inspiration throughout the day. On the reverse side of each card Pema offers new, illuminating, and inspiring commentary on how to understand and apply the maxims.

*The Compassion Box* includes:

- 59 two-color cards, with a Buddhist slogan on one side and original commentary by Pema Chödrön on the other
- Guided instructions on how to use the cards as part of a daily spiritual practice
- A fold-out card stand
- A 288-page paperback, *Start Where You Are: A Guide to Compassionate Living*, a popular guide to understanding and applying the slogans
- A 45-minute audio CD of Pema Chödrön offering in-depth instruction on *tonglen* meditation ("taking in and sending out"), a powerful practice that anyone can undertake to awaken the heart

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