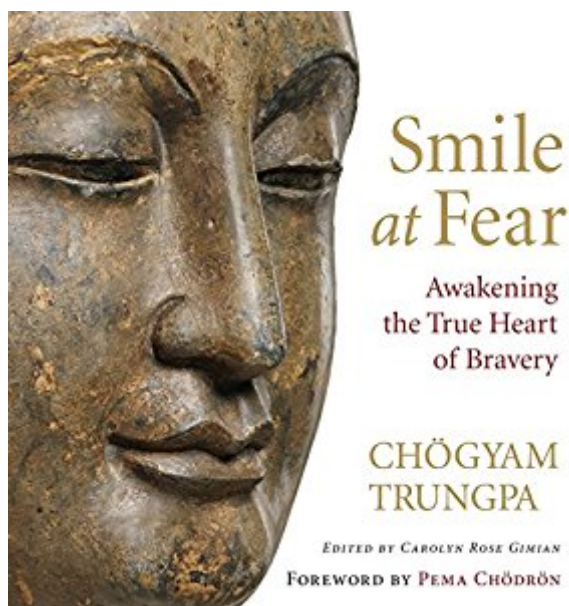


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Smile At Fear: Awakening The True Heart Of Bravery



Synopsis

Many of us, without even realizing it, are dominated by fear. We might be aware of some of our fears - perhaps we are afraid of public speaking, of financial hardship, or of losing a loved one. Chögyam Trungpa shows us that most of us suffer from a far more pervasive fearfulness: fear of ourselves. We feel ashamed and embarrassed to look at our feelings or acknowledge our styles of thinking and acting; we don't want to face the reality of our moment-to-moment experience. It is this fear that keeps us trapped in cycles of suffering, despair, and distress. Chögyam Trungpa offers us a vision of moving beyond fear to discover the innate bravery, trust, and delight in life that lies at the core of our being. Drawing on the Shambhala Buddhist teachings, he explains how we can each become a spiritual warrior: a person who faces each moment of life with openness and fearlessness. "The ultimate definition of bravery is not being afraid of who you are," writes Chögyam Trungpa. In this audiobook, he offers the insights and strategies to claim victory over fear.

Book Information

Audible Audio Edition

Listening Length: 3 hours and 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: December 9, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00PHPAI0A

Best Sellers Rank: #21 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #26 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #30 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

Customer Reviews

As a beginning meditator, I find a lot of texts obscure, but this one is not at all. Here, Carolyn Rose Gimian has taken published and unpublished teachings about becoming a warrior given by Tibetan-born Chogyam Trungpa, who died in 1987, and interpreted them in contemporary American English. It's very direct. For example: "Warriorship is based on overcoming cowardice and our

sense of being wounded....Fear is nervousness; fear is anxiety; fear is a sense of inadequacy, a feeling that we may not be able to deal with the challenges of everyday life at all."Since I wasn't familiar with the works of Chogyam Trungpa, who founded Naropa University in Colorado, I was at first startled by the language, but I learned he was one of the first Buddhists to teach consistently in English. I found the teachings very accessible and applicable. I'm reading the book for a second time, and I sent a copy to a friend who loved it.

This is really the third in a series of what I would consider essential teachings from one of the most important Buddhist teachers of our time. It follows "Shambhala, Sacred Path of the Warrior" and "Great Eastern Sun." I love reading this before I sit for meditation in the morning. I salute Carolyn Rose Gimian for a loving and elegant job editing these talks. In case you have any doubts, this is no little book of "left-overs" that are being put out long after Trungpa's death. This is the "real deal." I find these teachings--arranged in bite sized chapters--to be profound and literally enlightening. The material not only covers diving into your fears or being present with them rather than recoiling; but more importantly to me, it explains how to shine with the unconditional fearless, doubtless awareness that fuels the confidence and joy of Windhorse energy. This pithy little book is surprisingly powerful--at least it is to me. I recommend it very highly, especially to anyone who has found resonance with the teachings of Chogyam Trungpa, Pema Chodron or Sakyong Mipham. Very rich and rewarding indeed!

Very impressed with this book. It gave me a whole new understanding on fear and fearlessness. I highly recommend to anyone trying to better understand themselves and their life.

I really love this book. It has changed the way I look at a lot of things. As a Taoist who has studied Buddhism in the past, these concepts were not foreign to me at all but what made them feel brand new was the way the author explains them. It is very "as a matter of fact" and really helps you learn to be more mindful. I bought this book for my friend as I had already purchased this on Audible for myself.

I really enjoy Chogyam Trungpa writings.

This was a read that I will refer to again and again. The messages are timeless and help with life situations that challenge us to be with them. Wisdom lies in learning how we are each gentle

warriors, not in a competitive sense but in a compassionate way.

This is a wonderful, rich book -- a real tool for your toolbox, when it comes to making your way in the world. I appreciate the insights and wisdom, but mostly I appreciate the specific ways to implement this lovely spiritual framework, into the nitty gritty of your very human life. I have suggested this book to many friends, gave away my own copy, and I intend to buy more to pass along to other Spiritual Warriors I bump into on the path. With all of the problems we are facing, all of the complexity and confusion of our daily existence, "Smile At Fear: Awakening the True Heart of Bravery" offers a very simple, yet profound way to connect with life, in all of its richness and layers of pleasure and pain. Awakening your Brave Heart, is the very remedy called for, in these times. A welcome relief! It's the very essence of what is needed and what will get us through: It is the only thing that can propel us forward as these times (like all times) unfold before us.

A very uplifting and excellent read. I learned a lot!

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