

Mp3 Chagdud Khadro - Touching Ground In The Storm Of Emotion



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By overcoming our negative emotions, we can start to experience the world through the eyes of compassion and wisdom. In this teaching Chagdud Khadro presents methods for working with our mind in daily life. 18 MP3 Songs SPOKEN WORD: Audiobook, SPIRITUAL: Inspirational Show all album songs: Touching Ground in the Storm of Emotion Songs Details: In this teaching Chagdud Khadro discusses the way we are seduced by our negative emotions and how that causes us to suffer. She describes methods by which we can liberate ourselves not just from our emotions, but from everything that blocks our experience of spontaneous love and compassion. With that ideal as our motivation, we shift the focus from ourselves to the well being of others. Ultimately, we can see the empty nature of the emotions and, by means of the positive qualities inherent within the true nature of our being, bring benefit and wisdom to whatever situation arises. Chagdud Khadro was the wife and one of the foremost students of the late Chagdud Tulku Rinpoche, a highly revered meditation master. She met Rinpoche in 1977, and they moved to the United States in 1979. There she worked tirelessly as an interpreter, administrator, writer, and publisher to facilitate Rinpoche's dharma activity. Rinpoche ordained her as a lama in 1996, and she has since then been traveling and teaching throughout the world. She is known for the warmth and clarity of her teachings, and for her ability to inspire and connect with people from all nationalities and backgrounds. She is the resident teacher and spiritual director of Khadro Ling, Rinpoche's main center in Brazil.

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