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Always Maintain A  
Joyful Mind

The lojong teachings  
include: "Always  
maintain only a joyful  
mind," "Don't be

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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.

[Amazon.com: Always Maintain a Joyful Mind \(Book and CD ...](#)

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Joyful Mind is a catchy title and I snapped up this book, read it in one hour. The Lojong slogans (59) and commentaries are lovely as they are intelligent, reminding us to be generous with our daily joys and our worldly delights. Share all pleasures and spread joy in the world!

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## Always Maintain a Joyful Mind: And Other Lojong Teachings ...

Each lojong, or slogan,  
is followed by Pema  
Chödrön's accessible  
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understand and apply it.  
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include: · "Always  
maintain only a joyful  
mind." · "Don't be

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swayed by external  
circumstances.”.

"Don't be so  
predictable."

Always Maintain a  
Joyful Mind by  
Chödrön, Pema (ebook)

For centuries Tibetan  
Buddhists have relied on  
a collection of fifty-nine  
pith teachings (called  
lojong in Tibetan) to  
help them develop



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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

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circumstances,” “Don't  
be so predictable,” and  
“Be ...

## And Other

Always Maintain a  
Joyful Mind -  
Shambhala

Always Maintain A  
Joyful Mind. It is how  
we face all the things  
that seem to be negative  
in our lives that  
determines the kind of  
person we become. The

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most important spiritual growth happens whilst we are in the midst of experiencing tough challenges, difficulties and adversities that are randomly strewn across our pathway during our soul journey. All of them collectively help us to become more magnanimous and willing to listen to the other side.

# Where To Download Always Maintain

Always Maintain A  
Joyful Mind - Linda  
Lancashire

In this book Pema Chodron 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

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swayed by external  
circumstances," "Don't...

Always Maintain a  
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and... by Pema Chödrön  
Train Your Mind:

Always maintain only a  
joyful mind. Atisha's  
59 Lojong Slogans with  
Acharya Judy Lief Judy  
Lief. Jun 24, 2011. 21.

Always maintain only a  
joyful mind. Joy

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doesn't have that good  
a reputation in our  
culture. We tend to  
associate it with idiocy  
or with people who are  
spaced out or stupid,  
people who are blithely  
ignorant of the state of  
the world or simply too  
self-absorbed to bother.

Train Your Mind:

Always maintain only a  
joyful mind ...

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Always Maintain A  
Joyful Mind? Give me a  
break! And yet..... This  
is the 21st slogan. If you  
really have been fairly  
serious about the  
studying the Lojong  
Slogans and consistent  
with your regular  
meditation practice, it is  
very possible by the  
time you get to this  
slogan it will not only  
make perfect sense -- it

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will seem increasingly  
possible.

Monday Morning

Mindfulness: Always

Maintain a Joyful

Mind???

The lojong teachings

include: "Always

maintain only a joyful

mind," "Don't be

swayed by external

circumstances," "Don't

be so predictable," and



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"Be grateful to everyone." Each slogan is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it.

Always Maintain a Joyful Mind (Book and CD): And Other ...

This book presents this transformative spiritual practice (called lojong

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in Tibetan) in a way that readers of any background can understand and put to use. Always Maintain a Joyful Mind features fifty-nine powerful maxims including, "Always maintain a joyful mind" "Don't be so predictable" "Be grateful to everyone" Each lojong slogan is followed by Pema

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Ch"dr"n's fresh,  
succinct, and inspiring  
commentary on how to  
understand and apply  
the maxim in everyday  
living. Also included is a  
45-minute ...

Always Maintain a  
Joyful Mind: And Other  
Lojong Teachings ...

Always Maintain Only a  
Joyful Mind. It is like  
taking a holiday trip:

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you are very inspired to  
wake up in the morning  
because you are  
expecting to have a  
tremendous experience.  
Exertion is like the  
minute before you wake  
up on a holiday trip: you  
have some sense of  
trusting that you are  
going to have a good  
time, but at the same  
time you have to put  
your effort into it.

# Where To Download Always Maintain

Always Maintain Only a  
Joyful Mind -  
ippc2.orst.edu

The aptly titled Always  
Maintain A Joyful Mind  
offers readers 59

concise slogans called

Lojong by the Tibetan

Buddhists who  
developed them.

Accompanying each one

is a few lines of

explanatory

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commentary by  
American Buddhist nun  
Pema Chodron.

Book Review: Always  
Maintain a Joyful Mind  
- Vitality Magazine

The lojong teachings  
include: "Always  
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The lojong teachings include: "Always maintain only a joyful

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mind," "Don't be swayed by external circumstances," "Don't be so predictable," and "Be grateful to everyone." Each slogan is followed by Pema Chodron's accessible and succinct commentary on how to understand and apply it.

Always Maintain a  
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Other Lojong Teachings

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Amazon.com: Customer  
reviews: Always  
Maintain a Joyful ...

The author of *When Things Fall Apart* reveals the meaning behind 59 Buddhist teachings and how you can use them as touchstones for daily living. For centuries Tibetan Buddhists have relied on a collection of 59 pithy

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teachings&#8212;called  
lojong in  
Tibetan&#8212;to help  
them develop wisdom  
and compas...

Teachings On  
Always Maintain a  
Joyful Mind - Gold  
Coast Libraries ...

Always Maintain A  
Joyful Mind??? The  
world is in turmoil, with  
warfare and global  
warming seemingly

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stewing us in our own  
juices. Our whole  
political economy seems  
to be on the way  
towards some sort of  
19th century plutocracy  
where a few folks cruise  
and most of us other  
folks tread water --or  
sink.

Monday Morning

Mindfulness: Always

Maintain a Joyful Mind?

# Where To Download

Always maintain a joyful mind : and other lojong teachings on awakening compassion and fearlessness

Chodron , Pema 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

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daily living. Maintain

## A Joyful Mind

Always maintain a  
joyful mind : and other  
lojong teachings ...

This is what is meant by  
the slogan to “always  
maintain a joyful mind.”

Whatever befalls us can  
encourage us to practice  
more, rather than to  
become despondent or  
angry. The more we  
develop mindfulness-

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Awareness and increase  
compassion, the more  
cheerful we become.  
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