

Falling is Flying: The Dharma of Facing Adversity

In the tapestry of life, we are all faced with adversity. It is an inescapable part of the human experience. But how we choose to respond to adversity can make all the difference in our lives.



Falling is Flying: The Dharma of Facing Adversity

by Ajahn Brahm

★★★★☆ 4.7 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 152 pages



In her book *Falling is Flying: The Dharma of Facing Adversity*, Pema Chödrön offers a profound and moving exploration of the nature of adversity and how we can learn to embrace it as a path to spiritual growth.

Chödrön begins by acknowledging that adversity is an inherent part of life. She writes, "The nature of life is that it's uncertain. Things are always changing. And sometimes those changes are painful." However, she also emphasizes that adversity is not something to be feared or avoided.

Instead, Chödrön encourages us to see adversity as an opportunity for growth. She writes, "When we embrace our pain, we open ourselves up to the possibility of transformation. We can learn from our mistakes, we can develop compassion for ourselves and others, and we can find a deeper sense of meaning and purpose in our lives."

Of course, embracing adversity is not always easy. It takes courage, strength, and resilience. But Chödrön offers a number of practical exercises and teachings that can help us to develop these qualities.

One of the most important practices is mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. When we are mindful, we can see our thoughts and feelings clearly and without getting caught up in them.

Mindfulness can help us to stay present in the face of adversity and to avoid getting overwhelmed by our emotions.

Another important practice is compassion. Compassion is the practice of extending kindness and understanding to ourselves and others. When we are compassionate, we are able to see our own suffering and the suffering of others with a sense of love and understanding.

Compassion can help us to develop a greater sense of connection with ourselves and others. It can also help us to let go of anger and resentment.

Finally, Chödrön emphasizes the importance of surrender. Surrender is not about giving up or giving in. Rather, it is about letting go of our ego and our need for control.

When we surrender, we open ourselves up to the possibility of change and transformation. We allow ourselves to be guided by our intuition and our inner wisdom. And we find a deeper sense of peace and acceptance.

Falling is Flying is a powerful and inspiring book that offers a roadmap for finding meaning and purpose in our struggles. Through personal stories, ancient wisdom, and practical exercises, Chödrön shows us how we can learn to embrace adversity as a path to spiritual growth.

Here are some of the key takeaways from *Falling is Flying*:

- Adversity is an inherent part of life.
- Adversity is not something to be feared or avoided.
- Adversity can be an opportunity for growth.
- Mindfulness, compassion, and surrender are essential practices for facing adversity.
- We can find meaning and purpose in our struggles.

If you are facing adversity, I encourage you to read *Falling is Flying*. It is a book that will change your life.



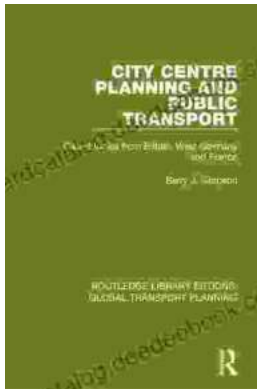
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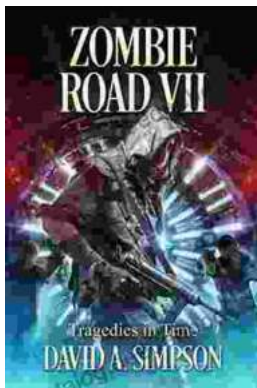
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