## Natural Awareness: Guided Meditations And Teachings For Welcoming All Experience By Pema Chodron

## By Pema Chodron

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Jun 24, 2010 An excerpt from talk 1 of Pema Chodron's recent weekend retreat called "Uncovering Natural Wakefulness". In these talks, Ani Pema introduces the basic

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guided meditations and teachings for welcoming all experience. With four guided meditations Beloved teacher and bestselling author Pema Chodron offers a <a href="http://www.worldcat.org/title/natural-awareness-guided-meditations-and-teachings-for-welcoming-all-experience/oclc/682895240">http://www.worldcat.org/title/natural-awareness-guided-meditations-and-teachings-for-welcoming-all-experience/oclc/682895240</a>

and confusion that characterizes the human experience. Pema ChOdrOn shows us Natural Awareness: Guided Meditations and Teachings for Welcoming All Experience.

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