



SONRÍE AL MIEDO:Despierta tu valentía interior

Chögyam Trungpa

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Este es un libro que trata de todos nuestros miedos, desde la ansiedad y el pánico momentáneos a los terrores mayores que podamos afrontar sobre la vida y la muerte. Analiza también el origen fundamental del miedo y la ansiedad. El autor ofrece consejos prácticos, pero no recetas de urgencia. Fundamentalmente, trata de ayudarnos a transformar nuestra vida y nuestras percepciones, de manera que podamos vencer el miedo y no sólo suprimirlo durante un tiempo. Para llegar verdaderamente a no tener miedo, nos dice, debemos dejar de escaparle y empezar a trabar amistad con él.

SONRÍE AL MIEDO:Despierta tu valentía interior Details

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Gábor Vészi says

Extremely dense. This is maybe the first book that I wish I would have read in a book form instead of audiobook. There were several times when I had to stop the book to give myself time to process some of the thoughts/sentences. I even had to rewind some parts to get all the details. I think I'll have to reread this book.

Mary says

I keep this book active on my phone's Nook application so when I need an injection of wisdom, it's there. My favorite line so far: "...fearlessness is unconditional because you are neither on the side of success nor on the side of failure. Success and failure are your journey."

Jeffrey says

This book was a disappointment. It is the first book of this type that I have found wanting. The author is surely an enlightened individual who can teach us all much about how to live our lives. Unfortunately, this book is not the way. His metaphors are stretched beyond comprehension. Perhaps he assumes that we are familiar with his tradition and we know what he means by the Sun in the West or the Sun in the East, but it just doesn't translate. His analogies are hard to follow and don't even make sense. I can't tell if he is trying to help me become fearless or teach me how to help others overcome their fear. This author gives life to the phrase "tortured metaphors."

I did get his main point that we already have the tools to be brave within us if we can focus on our true inner self, develop confidence in our self (recognizing that the self is an artificial construct in its own right) and finding our inner calmness and security. Inner confidence makes for outer bravery. I got the message, I just couldn't bear the method. I humbly admit that I could not finish the book.

For those interested in learning about the powers of meditation and Buddhism, Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice by Shunryu Suzuki is an excellent place to start. Though I have studied and practiced meditation for years, I still feel like a beginner. That is a good thing. OM.

Mary says

This is a powerful book.

Pór Hauksson says

This is a profound book, capable of initiating deep changes that ripple outwards. It's sometimes said that importance of books is really a measure of the reader; of how ready he/she is to receive it. This book found me at a particularly receptive time and resonated deeply. It's not the first book I read on Buddhism or meditation but it is the first book I read on the teachings of Chögyam Trungpa. For some reason, Tibetan Buddhism/Bön tradition seems to speak to me in a way that I struggle to put my finger on: in some ways it is completely foreign and exotic and at the same time closely familiar and innate. It's a bit like discovering a part of yourself that you hadn't realized existed.

Rachel says

Highly recommended. Caveat: this is not a starter book. If you aren't already knowledgeable on Buddhist teachings, this book isn't for you.

Regina says

I read this book because I have gained so much insight from Pema Chodron and I needed to learn how to 'smile at fear'. A book is like a river. You never step in the same one twice. The next reading I will pick up, or understand, what I didn't get the first time, or the second, etc. See me smiling.

Matt B. Perkins says

Highly encouraging read, especially for someone like me who fears quite a bit. But this poses the idea that instead of fleeing from fear or turning our heads each time it pops up, we instead should face our fear and make friends with it. Sounds simple but is actually quite difficult. This lays the path for getting there, and is quite reassuring along the way.

Laurel says

This book articulated some things that I had put words to in the past, but hadn't heard anyone else put words to before. It was an uncanny and marvelous experience.

I do think that some things here are intuitive, and others feel vague. I think the book is more meaningful when I am fully engaged in listening (I did audiobook), rather than distracted by anything else. Seems obvious, but you do have to focus to get the full meaning, and sometimes go back and listen to parts again.

I thought it would be more about meditation, but meditation is just the means by which to come to these states of being. It is about fearless introspection, embracing sadness, and living a full life. Reall beautiful stuff.

Ali says

Absolutely ridiculous, impractical, theoretical garbage. A waste of money. Lacking inspiration. Don't buy if you are the pragmatic hands-on type. Even 1 star is too much.

Absolute waste of money.

Bibhu Ashish says

The worlds greatest fear, the book suggests is the 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. To conquer the fear, the book suggests every one of us to be ourselves. It suggests us to look at the fear, explore it rather than avoiding it. A fearless person is 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. This book is filled with so many gems like "fearlessness is unconditional because you are neither on the side of success nor on the side of failure. Success and failure are your journey."

Remember this. When you are frightened by something, you have to relate with fear, explore why you are frightened, and develop some sense of conviction. You can actually look at fear. Then fear ceases to be the dominant situation that is going to defeat you. Fear can be conquered. You can be free from fear, if you realize that fear is not the ogre. You can step on fear, and therefore you can attain what is known as fearlessness. But that requires that, when you see fear, you smile.

Highly inspirational and highly recommended in today's world where sense of fear and sense of insecurity prevails everywhere.

Annie says

I have read many books on Buddhism - both Tibetan and Zen - but this is my first read by Chogyam Trungpa. People tend to gravitate towards certain teachers, and I simply find Trungpa's style of teaching too confusing due to the overuse of analogies and metaphors.

Smile at Fear was an inspiring read until Chapter 7, where it became repetitive and ceased to make any logical sense - again, due to mixed metaphors. While some students respond to this style of teaching, I, personally, prefer logical, straightforward presentations of spiritual or philosophical thought.

That said, my biggest and most important takeaway from the book is to re-establish sitting meditation into my daily practice. The one analogy I did appreciate was that of saddling the wild mind like a rider tames and saddles his/her horse.

As Trungpa so eloquently states: "We always try to *do something* with ourselves, rather than simply be with ourselves. If you cannot *be* with yourself, you cannot find out who you are or where you are. In that case, the essence of what you are is impossible to find."

He continues, "Cultivating mindfulness is the attitude that allows us to see ourselves and our world quite accurately and precisely." Meditation is critical in helping us to develop the discipline of mindfulness. Chapter Two presents a wonderful introduction to sitting meditation.

For those interested in the Shambhala path, *Smile at Fear* is likely a good introduction to Buddhist concepts and the importance of establishing a practice of meditation and mindfulness. While I do not regret reading this work, I have gained a clearer understanding of Buddhism and mindfulness through other teachers such as Geshe Kelsang Gyatso and Ven. Henepola Gunaratana.

Kevin Orth says

There is genuine and deep wealth to be gained by being with our emotions and inviting them to announce their intention and need within our conscious mind. Prescriptive and psychotherapy are invaluable and irreplaceable. At the same time there is room at the table in the discussion of managing mood and being whole by employing meditation, deep awareness, self-talk, and allowing that which comes up to have a voice. Highly recommend.

Mayra Correa e Castro says

Breve nota: Chögyam Trungpa (1940-1987) nasceu no Tibete e já foi reconhecido como uma grande mestre reencarnado. Em 1959, para fugir da perseguição dos comunistas chineses, atravessou os Himalaias a pé e chegou à Índia, onde ficou durante anos. De lá foi pra Inglaterra, onde ensinou meditação e, quando se casou, foi para os Estados Unidos e aí permaneceu. Ele foi um dos primeiros mestres tibetanos a ensinar o budismo em inglês, fundou inúmeros centros, teve centenas de discípulos – entre eles, a famosa Pema Chödrön, autora de Quando Tudo se Desfaz – e criou o programa Shambhala de meditação. Não foi pouco, ainda mais para uma curta vida.

Neste livro, organizado por Carolyn Rose Gimian, Chögyam usa a metáfora do guerreiro para mostrar como devemos enfrentar com coragem o medo. Contém alguns exemplos pessoais – que sempre ficam parecendo excessivamente cabotinos fora do círculo de admiração de um mestre – , e inúmeras historinhas edificantes. No final, a mensagem é pra que você medite. O medo sempre estará lá. A coragem pode ser adquirida – mas apenas se houver meditação.

Prefiro o livro de Pema: é mais carinhoso, mais real, mais próximo. Mas não sou discípula de Chögyam, então posso estar equivocada. Cabe a você decidir. Trouxe amostras que talvez o ajudem.

Leia o restante desta resenha com citações e trechos selecionados em:
<http://asmelhorespartes.blogspot.com...>

Hilary Martin says

I probably would have enjoyed this more if the narrator's voice hadn't been so pretentious and condescending.

