Pema Chödrön

FROM SUFFERING TO AWAKENING:
3 WAYS TO TRANSFORM YOUR EMOTIONS
I have worked in a bakery for many years. Buddhism has taught me to look beyond the breads and croissants. To appreciate each ingredient, where it came from, and how it was made. To be grateful that I am of service to my community. To send loving-kindness with every pastry I sell.
—Sarah Caballero, New York City

I work for a bank as a security manager. Buddhism affects my behavior through its high-level, ethical suggestions. When I talk to my employees, or even to my bosses, I always try to be kind, patient, and calm with them. The Five Precepts are practices, and not commands, so even if I fail sometimes, they inspire me to try again and behave better next time. If I'm relaxed at my work, I can also be kind to my family and everyone else.
—Szabolcs Nagy, Győr, Hungary

Practicing Buddhism has helped me transition to a different role that is more aligned with easing the suffering of our world. I'm now someone capable of communicating about intersectional, unconscious biases in order to transform them with compassion and loving-kindness. I approach my work with a harm-reductive perspective, which has proven to be a pivotal skill at such a critical juncture of diversity, equity, inclusion, accessibility, and belonging in our world.
—Deanna Sophia Danger, St. Louis

I'm an animal behaviorist and dog trainer. I teach humans and their pets how to communicate to create stronger bonds and ultimately live happier and healthier lives together.
—Russell Hartstein, Los Angeles

In a field like healthcare, where compassion and healing have taken a back seat to money and profit, I believe it is crucial to be mindful in exercising compassion for patients and with colleagues by being an example of empathy, and kindness.
—Renee Woodruff, Rome, New York

The Buddha has inspired me to bring his teachings to readers through my writing. My novel The Kingdom of Malayadhwaja features a strong Buddhist character named Sushrutha who lives alongside Hindu characters in ancient India and teaches the importance of tolerance, compassion, righteous living, and nonviolence.
—Sri Laxmi, Chennai, India