

Getting Unstuck Pema Chodron

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Getting Unstuck Pema Chodron

On Getting Unstuck, Pema Chödrön introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice. Here, she unveils the mystery of an ineffable quality: a pre-emotional feeling that arises in us, brings us discomfort, and causes us to react by escaping the discomfort often with harmful habits.

Getting Unstuck: Breaking Your Habitual Patterns and ...

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Pema Chödrön - Getting Unstuck (Audio)

On Getting Unstuck, Pema Chodron introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice. Here, she unveils the mystery of an ineffable quality; a "pre-emotional" feeling that arises in us, brings us discomfort, and causes us to react by escaping the discomfort, often with harmful habits.

Amazon.com: Getting Unstuck: Breaking Your Habitual ...

On Getting Unstuck, Chodron guides us through this ""sticky feeling exploring the moments when we get hooked, and offers us tools for learning to stay with our uneasiness, soften our hearts toward...

Getting Unstuck Audiobook by Pema Chodron

Getting Unstuck explores "not itching the scratch", and just sitting with what that feels like. Her point is that we run away from discomfort, be it emotional or physical, and that we r l love Pema Chodron's writings, and so was excited to see that I could get an audio book of hers from the library.

Getting Unstuck by Pema Chödrön

On Getting Unstuck, Pema Chodron introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice.

Getting Unstuck: Breaking Your Habitual Patterns and ...

In the Buddhist tradition, this points to a vast paradox: that by refraining from our urge to scratch, great peace and happiness is available. On Getting Unstuck, Pema Chödrön introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice.

Getting Unstuck • Audio Download - Pema Chodron

On Getting Unstuck, Chodron guides us through this sticky feeling, exploring the moments when we get hooked, and offers us tools for learning to stay with our uneasiness, soften our hearts toward ourselves and others, and live a more peaceful life in the fullness of the present moment. On this full-length recording, Pema Chodron shows us how to recognize shenpa, catch it as it appears, and develop a playful, lively curiosity toward it.

Getting Unstuck • Audio CDs

The teachings on "Getting Unstuck" offer a direct path to a life of true joy, love, and happiness, and represent a powerful approach to life as revealed by the ancient meditative tradition of Tibet. Topics covered:

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On Getting Unstuck, Pema Chödrön introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice.

Getting Unstuck - Sounds True

On Getting Unstuck, Pema Chodron introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice. Here, she unveils the mystery of an ineffable quality; a "pre-emotional" feeling that arises in us, brings us discomfort, and causes us to react by escaping the discomfort, often with harmful habits.

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In the Buddhist tradition, this points to a vast paradox: that by refraining from our urge to scratch, great peace and happiness is available. On Getting Unstuck, Pema Chödrön introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice.

Getting Unstuck : Pema Chodron : 9781591792383

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Getting Unstuck by Pema Chodron (9781591792383)

Pema Chodron is an American Buddhist nun, teacher and author of many books and audio recordings. Having been trained in the Tibetan lineage by her main teacher Chogyam Trungpa, she is now studying with Dzigar Kongtrul who introduced her to the teachings on "Shenpa" that form the foundation of "Getting Unstuck".

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