

Getting Unstuck Breaking Your Habitual Patterns Amp Encountering Naked Reality Audio Cd Pema Chodron

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Getting Unstuck Breaking Your Habitual

Getting Unstuck: Breaking Your Habitual Patterns and Encountering Naked Reality Audio CD - Audiobook, January 1, 2005 by Pema Chödrön (Author) 4.7 out of 5 stars 147 ratings See all formats and editions

Getting Unstuck: Breaking Your Habitual Patterns and ...

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Getting Unstuck: Breaking Your Habitual Patterns ...

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 ourselves and others, and live a more peaceful life in the fullness of the present moment.

Getting Unstuck: Breaking Your Habitual Patterns and ...

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Getting Unstuck: Breaking Your Habitual Patterns and ...

About Getting Unstuck: Breaking Your Habitual Patterns & Encountering Naked Reality book: Have you ever endured an itch rather than scratched it? In the Buddhist traditions, this tips to a great paradox: that by refraining from our desire to scratch, superb peace and contentment is obtainable.

Getting Unstuck: Breaking Your Habitual Patterns ...

On Getting Unstuck, Chödrön 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.

Getting Unstuck - Sounds True

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. Download and start listening now! SP_TRUE_000187

Getting Unstuck: Breaking Your Habitual Patterns and ...

Have you ever had an itch and not scratched it? 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. Here, she unveils ...

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 Chodron introduces a valuable teaching that has become critical to her practice -- what in Tibetan is called shenpa. "An urge comes up, we succumb to it, and it becomes stronger," she teaches.

Getting Unstuck: Breaking Your Habitual Patterns ...

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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Getting Unstuck: Breaking Your Habitual Patterns and ...

With Getting Unstuck, Pema offers us a first look at both the itch and the scratch : what Tibetan Buddhists call 'shenpa'. An urge comes up, we succumb to it, and it becomes stronger, teaches Pema Chodron. We reinforce our cravings, habits, and addictions by giving in to them repeatedly.

Getting Unstuck • Audio CDs

Getting Unstuck: Breaking Your Habitual Patterns & encountering Naked Reality Accessible and easy to follow suggestions for overcoming the infinity cycle of thoughts (good/bad) that drive us to distraction and take us out of the reality of the now. Chodron is gentle yet irreverently hilarious!

Getting Unstuck: Breaking Your Habitual Patterns and ...

Pema Chodron introduces the concept of 'Shenpa', that point at which we are launched into habitual behaviours that cause us pain. For example 'that person' does 'that thing' that makes you angry or self critical or... Getting unstuck is about recognising shenpa as it happens, engaging with the cause and being able to break the bad response.

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Get this from a library! Getting unstuck : [breaking your habitual patterns & encountering naked reality]. [Pema Chödrön] -- The author here gives us tools for learning to stay with our uneasiness, and shows us how to recognize "shenpa." She guides us through the sticky feeling, exploring the moments when we get hooked and ...

Getting unstuck : [breaking your habitual patterns ...

Getting Unstuck: Breaking Your Habitual Patterns & Encountering Naked Reality by Pema Chödrön. Title: Getting Unstuck: Breaking Your Habitual Patterns & Encountering Naked Reality Author: Pema Chödrön Pages: 3 ISBN: 159179238X. Pema Chödrön. Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions ...