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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

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habits.

Getting Unstuck: Breaking Your Habitual
Patterns and ...

Audio from Pema Chödrön's Getting
Unstuck. She unveils the mystery of an
ineffable quality: a pre-emotional feeling
that arises in us and causes us to react ...

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Pema Ch ö dr ö n - Getting Unstuck
(Audio) - YouTube

With Getting Unstuck, she offers us a first
look at "both the itch and the scratch":
what ...

Amazon.com: Getting Unstuck: Breaking

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On Getting Unstuck, Pema Ch ö dr ö n 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

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us discomfort, and causes us to react by escaping the discomfort often with harmful habits.

Getting Unstuck • Audio Download -
Pema Chodron

Pema Chodron is an 83-year-old Buddhist
Monk, one of the western Buddhists that I

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love listening to very much. regardless of what her subject is, listening to her calm voice in itself has a huge soothing effect :D
Getting Unstuck is an audio-program about Meditation and Spiritual Life. an attempt to bring traditional Buddhist Concepts and Practices into the modern world.

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Getting Unstuck: Breaking Your Habitual
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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 Chodron introduces a rare

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Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice.

Getting Unstuck: Breaking Your
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Getting Unstuck – Sounds True

Pema Chödrön speaks about getting unstuck - choosing a fresh alternative in difficult times. Subscribe to Sounds True for more: <http://bit.ly/2EAugMf> Listen ...

Pema Chödrön - Getting Unstuck -
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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,

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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 - Pema
Chodron

Pema Ch ö dr ö n on shenpa, or the urge,
the hook, that triggers our habitual

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tendency to close down. We get hooked in that moment of tightening when we reach for relief. To get unhooked, we begin by recognizing that moment of unease and learn to relax in that moment. You 're trying to make a point with a coworker or your partner.

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How We Get Hooked By Shenpa -- Pema
Ch ö dr ö n — Lion's Roar

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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 ...
On Getting Unstuck, Pema Chodron

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Audiobook | Audible.com

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

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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".

Getting Unstuck: Ch ö dr ö n, Pema:
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escaping the discomfort, often with harmful habits.

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The teachings on "Getting Unstuck" offer a direct path to a life of true joy, love, and happiness, and represent a powerful

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approach to life as revealed by the ancient meditative tradition of Tibet. Topics covered:

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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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Songs, Reviews, Credits ...

Getting Unstuck And Moving Forward.
Several Pema Chodron ' s online classes address how to move past personal difficulties and pain into a more positive space. Clearly, this is an area where Pema draws on much of her own life experience. Of particular interest here are: The

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Freedom To Choose Something Different.
This course includes a six-part video series presented by Pema herself, together with two videos covering Question and Answer Sessions and full course materials.

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