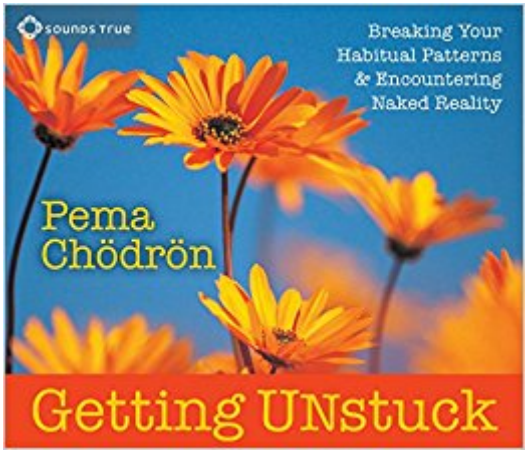
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Getting Unstuck: Breaking Your Habitual Patterns And Encountering Naked Reality



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Synopsis

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 ChÃƒÂ¶drÃƒÂ¶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 us discomfort, and causes us to react by escaping the discomfort often with harmful habits.With Getting Unstuck, she offers us a first look at both the itch and the scratch, which Tibetan Buddhists call shenpa. On this full-length recording, Pema ChÃƒÂ¶drÃƒÂ¶n, bestselling author and beloved American Buddhist nun, shows us how to recognize shenpa, catch it as it appears, and develop a playful, lively curiosity toward it. Join Pema ChÃƒÂ¶drÃƒÂ¶n to discover more about:Critical mindÃ¢â ¬â •how to recognize this fundamental shenpa, and approach yourself and others with a sense of humor and loving-kindnessWays to unravel the patterns of self-denigration, and develop the fundamental maitriÃ¢â ¬â •loving-kindnessÃ¢â ¬â •toward yourselfHow to cultivate acceptance of your irritability, insecurities, and other simply human traitsRecognition, Refrain, Relaxing, and Resolve: the four R's of working with shenpa, and moreAn urge comes up, we succumb to it, and it becomes stronger, teaches Pema ChÃƒÂ¶drÃƒÂ¶n. We reinforce our cravings, habits, and addictions by giving in to them repeatedly. On Getting Unstuck, ChÃƒÂ¶drÃƒÂ¶n 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.

Book Information

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Customer Reviews

"ChÃƒÂ¶drÃƒÂ¶n demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives." Ã¢â ¬â •Publishers Weekly

Pema ChÃƒÂ¶drÃƒÂ¶nAni Pema ChÃƒÂ¶drÃƒÂ¶n was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren.While in her mid-thirties, Ani Pema traveled to the French Alps and encountered Lama Chime Rinpoche, with whom she studied for several years. She became a novice nun in 1974 while studying with Lama Chime in London. His Holiness the Sixteenth Karmapa came to Scotland at that time, and Ani Pema received her ordination from him.Pema first met her root guru, ChÃƒÂ¶gyam Trungpa Rinpoche, in 1972. Lama Chime encouraged her to work with Rinpoche, and it was with him that she ultimately made her most profound connection, studying with him from 1974 until his death in 1987. At the request of the Sixteenth Karmapa, she received the full bikshuni ordination in the Chinese lineage of Buddhism in 1981 in Hong Kong.Ani Pema served as the director of Karma Dzong in Boulder, Colorado until moving in 1984 to rural Cape Breton, Nova Scotia to be the director of Gampo Abbey. ChÃƒÂ¶gyam Trungpa Rinpoche gave her explicit instructions on establishing this monastery for western monks and nuns.Ani Pema currently teaches in the United States and Canada and plans for an increased amount of time in solitary retreat under the guidance of Venerable Dzigar Kongtrul Rinpoche. She is also a student of Sakyong Mipham Rinpoche, the oldest son and lineage holder of ChÃƒÂ¶gyam Trungpa Rinpoche.Ani Pema is interested in helping establish Tibetan Buddhist monasticism in the West, as well as continuing her work with western Buddhists of all traditions, sharing ideas and teachings. Her non-profit, The Pema ChÃƒÂ¶drÃƒÂ¶n Foundation, was set up to assist in this purpose.She has written several books: The Wisdom of No Escape, Start Where You Are, When Things Fall Apart, The Places that Scare You, No Time To Lose, Practicing Peace in Times of War, How to Meditate, and Living Beautifully. All are available from Shambhala Publications and Sounds True.

I was initially put off when I received this, because I thought I'd ordered a book. But once I put the CD's in and heard Pema Chodron's compassionate voice I realized this was going to be great.

Listening to these CD’s of her lectures to meditation students, one gets a sense of her compassion for herself and others, her sense of humor, her humble view of herself (considered a master by many), and her honesty about how difficult doing the simplest meditation techniques can be for her even now after decades of devotion to meditating. Ultimately these CD’s are about sitting as comfortably and as still as possible, focussing on our breathing and then seeing what comes into our minds- be it an impulse to scratch an itch, or an angry thought about some work your having done on your house or anything- and with as much compassion as possible, to label this "thinking", and then let it go and move on to the next inevitable thought. This practice takes time and discipline, but is truly effective when applied with honest intent.

This work provided me with the most practical emotional ’tools’ I’ve ever been exposed to. Pema is not only fun and ’centering’ as a speaker, but she speaks articulately and without a lot of extra verbage. She gets right to the point and in the gentlest way shows us possibilities of responding differently to things that disturb us. We learn that by looking at things differently it is easy to empower ourselves to not be so disturbed, to not be so reactive, and yet still be very much authentic to ourselves. She is a true beacon for those trying to become more patient, more positive, more focused on what they really want to become in their lives. Highly recommended for people of any age, temperament or religious persuasion.

I enjoy the message and practices she delivers. They are practical and based on the unifying concept that we all are sharing similar struggles of varying degrees. I found her voice and message to have a soothing and compassionate quality. If you are suffering from self criticism or you tend to beat yourself up, this audio program can help you see yourself with more loving kindness.

Another marvellous Pema Chodron guide to living as equably and lovingly as possible on planet earth. Love that she has been to all those uncomfortable, painful, joyful places a I have. Love her wisdom and earthy words and sense of humour. I listen to all 5 tapes I have of her by rote in the car-- like Lao Tzu’s "Tao Te Ching" -- constantly discovering new depths to her teachings as my consciousness expands.Layers.So grateful for Pema Chodron!

I just bought 4 to send to dear friends and family. I have read and listened to many teachings, writings,techniques. I started to listen to books on tape due to my shenpa (sp?) with traffic and traffic lights. Now that I understand the concept, I am able to much more easily able to apply it daily to

enjoy each moment "as if I had invited it" to be open to life and all that it presents to me each day, to "stay" in each moment and to not judge myself when I find myself believing the illusion. Brilliant, funny, humble, easy and enjoyable to listen to. Thank you so much Pema!

Amazing wisdom that helped me through the hardest time in my life. I listen to this CD over and over again.

Pema Chodron begins by presenting the concept of 'staying', being present, in situiations both mundane and difficult. She points out, with insight and humor the reality that only for a small percentage of our lives are we actually 'present' rather than being preoccupied by- or purposely escaping in- thought. From there she introdueces 'shenpa' the Tibetian term for the quality or pre-cognative engery that is the genisis of the 'hook' that grabs you in the form of both negative and positive emotions. By discecting the events that lead to one's reaction to a given situation, i.e. anger, she shows us how to drive a wedge between the event and our response so we have a choice. We are no longer doomed to react, and repeat the same stimulus and response over and over and over. What makes these concepts so practical is her willingness to discuss them in terms of her own life and how memories of past traumatic events were eventually divested of the their destructive energy; then disucsses how we can use these tools in our own lives.

I admire Pema Chodron& her books,and tapes. This may be my favorite,as it is exactly what I need in my life now. Her voice is very easy to listen to,and to relate to...Lessons to help to be a better person, forgiving ourselves and others for the mistakes that are made. A treasure.

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