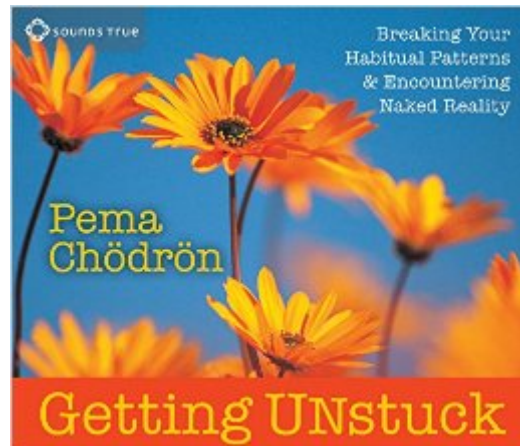


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# Getting Unstuck: Breaking Your Habitual Patterns And Encountering Naked Reality



## 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 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. 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 Chödrön, 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 Chödrön to discover more about: Critical mind "how to recognize this fundamental shenpa, and approach yourself and others with a sense of humor and loving-kindness Ways to unravel the patterns of self-denigration, and develop the fundamental maitri "loving-kindness" toward yourself How to cultivate acceptance of your irritability, insecurities, and other simply human traits Recognition, Refrain, Relaxing, and Resolve: the four R's of working with shenpa, and more An urge comes up, we succumb to it, and it becomes stronger, teaches Pema Chödrön. We reinforce our cravings, habits, and addictions by giving in to them repeatedly. 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.

## Book Information

Audio CD: 3 pages

Publisher: Sounds True (January 1, 2005)

Language: English

ISBN-10: 159179238X

ISBN-13: 978-1591792383

Product Dimensions: 0.5 x 5 x 5.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (109 customer reviews)

Best Sellers Rank: #42,777 in Books (See Top 100 in Books) #1 in Books > Books on CD > Religion & Spirituality > Inspiration #11 in Books > Books on CD > Religion & Spirituality >

## Customer Reviews

Pema Chodron offers some sound, beautiful ideas on how to cope with not only addictive behavior, but basically anything in life that you just plain don't like. Her lovely, grounded voice is a pleasure to listen to, she's damned funny, and I've found myself listening to the ideas on this CD over and over as I make my way through the often hostile streets of Manhattan. It's like a primer in how to stay clear and calm and grounded in life, no matter how lousy (or terrific) your circumstances may be.

I normally find authors audio series very disappointing. Not this one. I am a huge fan of Pema Chodron's work. She is a great example of someone willing to do the work to shift and change and create a better world around her. In typical fashion, she isn't offering you a blind eye to the painful or negative things in your life. She teaches you how to step into it and allow your own energy to shift and change the negativity. Truly an inspiring piece of work. When you do this work, reality doesn't intrude... it offers you the way out.

I became interested in Pema Chodron's teachings a few months ago, and continue to be amazed by her simple way of describing things that philosophers, psychiatrists, and academics would take volumes to hint at. The teachings themselves I appreciate; after zillions of years of every kind of self-help known to womankind, these ideas and instructions are an enormous relief. This isn't a review of Buddhism, or this lineage within Buddhism. This isn't a review of this particular set of CDs. I wouldn't know how to do any of these things. I do know that after hearing countless talks and seminars and audiobooks of all kinds, I appreciate accuracy, clarity, generosity, and suggestions I can use immediately. I listen to these CDs over and over, and love them more every time.

Getting Unstuck consists of three audio CD's recorded at Gampo Abbey. Pema Chodron is funny and full of anecdotes during each session (about 1/2 hour each).  
Session One: Learning to Stay  
Stop scratching, exploring the itch  
Session Two: The Heart of Distraction  
Introduces Shenpa, how we get hooked  
Session Three: Meditation, the Path to Enlightenment  
Degrees of Shenpa  
Session Four: Enjoying the Process  
Lightening up, making daily aspirations, and keeping a bigger perspective  
Session Five: Tools for Liberation  
Stop kicking the wheel (stop keeping thought momentum going)  
Session Six: Taking Your Practice into the World  
Coming back to the present  
I would have given Getting Unstuck five stars except I didn't think the practices were as specific and

different as I expected. Coming back to "thinking" and sitting with the breath are not new for me. I do enjoy making the daily aspirations so I am more aware of my thoughts throughout the day and in turn I am choosing my words more wisely too. Enjoy these CD's as there is something for everyone regardless of where they are in their meditation practice.

What a refreshing change from all the kitschy, marketing-driven New Age entrepreneurs! Pema Chodron is a teacher from the Tibetan tradition who takes core Buddhist teachings and meditation techniques and applies them to our concrete, everyday life---without the thick layer of esoteric terminology and sleep-inducing academic presentation that all too many of her contemporaries have (even within the supposedly "teaching beyond words" Zen tradition) and without the 9-step pie-in-the-sky kitsch of the pop psychologists. Only Charlotte Joko Beck ("Everyday Zen") comes close. Like the Dalai Lama's writing, there is a palpable and deep humility, gentleness, gratitude and quiet joy with which all of her words and laughter are imbued. She has an amazing knack for keeping it real: lots of candid personal anecdotes, pokes fun at herself from time to time, never puts herself on some lofty pedestal. It really felt like listening to a good friend chatting about herself, simply being herself: as with most true "masters," one is effortlessly taken by her simplicity, spareness, and an utter lack of pretension or vanity. I have long admired her writing, but her voice adds an extra dimension of beauty and power, deeply calming in and of itself. This was the first audio book I have ever listened to, and it will certainly not be the last.

I found this to be one of the most helpful and profound series of talks I have ever heard. Pema Chodron teaches a whole new (at least to me) approach to dealing with addictive behavior in ourselves and provides really useful and worthwhile ways of overcoming addictions. I kept going "wow" throughout the talks, and have gone back and listened to them again and again, and still find it helpful. Amazing teacher. Amazing teachings.

Pema Chodron begins by presenting the concept of 'staying', being present, in situations 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 introduces 'shenpa' the Tibetan term for the quality or pre-cognitive energy that is the genesis of the 'hook' that grabs you in the form of both negative and positive emotions. By dissecting 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 their destructive energy; then discusses how we can use these tools in our own lives.

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