

getting unstuck pema chodron

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"both the itch and the scratch": what Tibetan Buddhists call shenpa. On this new, full-length recording, Pema Chodron, best-selling 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. Getting Unstuck (Audiobook) by Pema Chodron | Audible.com - 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. Pema Chodron - Getting Unstuck (Audio Excerpt) -

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