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Getting Unstuck | DailyOM

Getting Unstuck | DailyOM Pema Chödrön on shenpa, or the urge, the hook, that triggers our habitual 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.

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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.

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Fwd: Taking a Time Out - Google Groups

Getting Unstuck | DailyOM About Pema Chodron. Pema Chodron is an internationally renowned spiritual teacher, meditation master, and New York Times bestselling author. She is one of the first fully ordained American nuns in the tradition of Tibetan Buddhism and beloved spiritual teacher to thousands around the world.

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