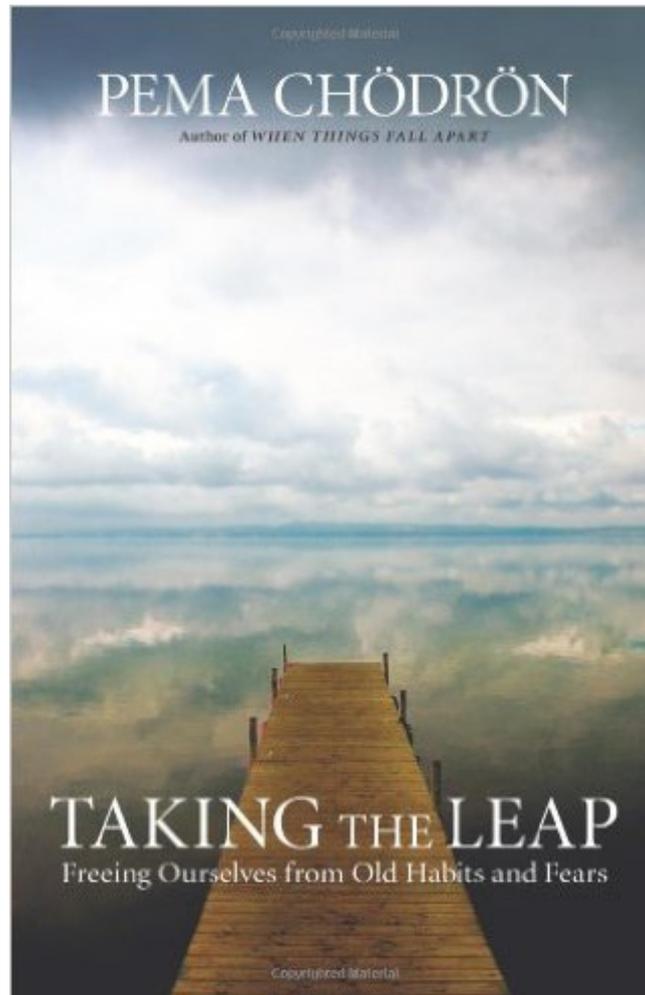


The book was found

Taking The Leap: Freeing Ourselves From Old Habits And Fears



Synopsis

Best-seller Pema Chodron draws on the Buddhist concept of shenpa to help us see how certain habits of mind tend to hook us and get us stuck in states of anger, blame, self-hatred, and addiction. The good news is that once we start to recognize these patterns, they instantly begin to lose their hold on us and we can begin to change our lives for the better. "This path entails uncovering three basic human qualities," explains Pema. "They are natural intelligence, natural warmth, and natural openness. Everyone, everywhere, all over the globe, has these qualities and can call on them to help themselves and others." This book gives us the insights and practices we can immediately put to use in our lives to awaken these essential qualities. In her friendly and encouraging style, Pema Chodron helps us take a bold leap toward a new way of living "one that will bring about positive transformation for ourselves and for our troubled world."

Book Information

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Customer Reviews

I have long admired the writings of Pema Chodron, and I think she has done it again with this book. She excels at making teachings from the Vajrayana or Tantric Buddhist tradition of her root teacher Chogyam Trungpa accessible to anyone and relevant to daily life. In this book she presents teachings on 'shenpa', which is often translated as 'attachment' but which she suggests might better be understood as "what it feels like to get hooked." As she puts it: "Somebody says a harsh word and something in you tightens: instantly you're hooked. That tightness quickly spirals into blaming the person or denigrating yourself. The chain reaction of speaking or acting or obsessing happens fast. Maybe if you have strong addictions, you go right for your addiction to cover over the

uncomfortable feelings."The focus of Taking the Leap is how we can learn to recognize when we are hooked, and how we can work with and transform the energy generated when this occurs. Instead of judging or battling within ourselves, we can learn to see each occurrence of shenpa as an opportunity - an opportunity for awakening. This process is about more than just our personal happiness, for shenpa is the source of bigotry and violence in our world. Ani Pema says:"Each of us can be an active participant in creating a nonviolent future simply by how we work with shenpa when it arises. How individuals like you and I relate to being hooked, these days, has global implications."The key to working with shenpa in a different way is to remain open and even curious about the energy that arises when we are 'hooked', instead of acting out or seeking to distract ourselves.

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