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to freedom—truth, love, and awareness—True Refuge shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations, and inspirational stories of people who discovered loving presence during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another, and the world around us.

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Only by listening inwardly in a fresh and open way will you discern at any given time what most serves your healing and freedom." ? Tara Brach, True Refuge: Finding Peace and Freedom in Your Own Awakened Heart. tags: freedom , meditation , peace , spirituality. 20 likes. Like.

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True Refuge - Tara Brach

Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love. Tara Brach calls this awareness our true refuge, because it is available to every one of us, at any moment. Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty.

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True Refuge: Finding Peace and Freedom in Your Own Awakened Heart by Tara Brach Clinical Psychologist and Buddhism expert Tara Brach, PhD, shares her insights about working with pain and suffering, meeting our edge and softening, and the simple but profound technique she uses with clients to bring mindful awareness into their daily lives.

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True Refuge inspires the confidence needed to face our deepest, most difficult emotions. With tenderness and understanding, she teaches us the practical techniques that can help us loosen the grip of these emotions and arrive at a place of peace and basic goodness which is our essential nature.

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True Refuge : Finding Peace and Freedom in Your Own ...

Based on a fresh interpretation of the three classic Buddhist gateways to freedom—truth, love, and awareness—True Refuge shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations, and inspirational stories of people who discovered loving presence during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another, and the world around us.

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Tara Brach, author of the award-winning *Radical Acceptance*, calls this awareness our true refuge, because it is available to every one of us, at any moment, no exceptions. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty.

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Based on a fresh interpretation of the three classic Buddhist gateways to freedom - truth, love, and awareness - *True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations, and inspirational stories of people who discovered loving presence during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another, and the world around us.

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