

## True Refuge Finding Peace And Freedom In Your Own Awakened Heart

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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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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: Finding Peace And Freedom In Your Own ...

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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Own and Refuge: Heart in Your Freedom True Awakened Peace Finding Simple tasks, such as remembering to take a shower, to doing laundry, to how to bake a potato, to remembering to put milk in the frig so it doesn't go sour these are all the things J. We need more books like this so Im hoping for a sequel.

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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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