

Radical Acceptance Embracing Your Life With The Heart Of A Buddha Tara Brach

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Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

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Radical acceptance is about accepting what life offers, as it is. That does not mean, you should be non-reactive to whatever bad comes your way, it's about becoming self-aware in tough situations, pay attention to the negative emotions within and take care of these emotions to become mindful and at peace.

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The moment we believe something is wrong, our world shrinks and we lose ourselves in the effort to combat the pain. " . Tara Brach, Radical Acceptance: Embracing Your Life With the Heart of a Buddha. tags: buddhism , buddhist , inspirational , radical-acceptance. 126 likes. Like.

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Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. --from Radical Acceptance...

~~Radical Acceptance: Embracing Your Life... book by Tara Brach~~

- Radical Acceptance--the acceptance of life as it is--is how one breaks the 'Trance of Unworthiness' that we put ourselves under - First step to freedom: recognize your own suffering - Feeling inadequate is not your fault, nor is that feeling unique to you - Acceptance is clearly seeing reality + compassion for others

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