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Radical Acceptance Guided Meditation

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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.

~~Radical Acceptance: Embracing Your Life With the Heart of ...~~

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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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Radical Acceptance Believing that something is wrong with us is a deep and tenacious suffering, says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork--all the forces that keep our lives constricted and unfulfilled.

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What you'll learn: Know your habitual, automatic reactions to stress  
Access the resources of mindfulness and compassion  
Make more conscious choices in pressured situations  
Grow stronger and wiser right in the very midst of stress  
Experience a larger, more empowered and joyful way of being in the ...

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Audible Audiobook – Unabridged Tara Brach (Author), Cassandra Campbell (Narrator), Tantor Audio (Publisher) 4.7 out of 5 stars  
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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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