

# True refuge pdf

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The yearning for such refuge is universal. In this refuge to the Buddha, Dharma and Sangha, in a ritual called 'taking refuge', or 'going for refuge'. For many of these people, this act of devotion is a practice they learned from We find true refuge whenever we recognize the silent space of awareness behind all our busy doing and striving. For many of these people, this act of devotion is a practice they learned from their parents or grandparents and has become something of an ingrained habit; a largely unquestioned part of being the person they are This place of peace, connectedness, and inner freedom, even in the face of life's greatest challenges is what I call "true refuge.". 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 refuge to the Buddha, Dharma and Sangha, in a ritual called 'taking refuge', or 'going for refuge'. 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 It does not depend on anything outside ourselves—a certain situation, a person, a cure, even a particular mood or emotion. In this book, Brach offers a We realize that what we seek is within us, and regardless of circumstances, "there is always a way to take refuge in a healing and liberating presence." Praise for True Missing: pdf 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. We find refuge whenever our hearts open with tenderness and love. We find true refuge whenever we recognize the silent space of awareness behind all our busy doing and striving. In True Refuge, I use the word "presence" to try to capture In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty. We find refuge whenever we connect with the innate clarity and intelligence of our true nature. We find refuge whenever our hearts open with tenderness Tara Brach, bestselling author of Radical Acceptance, calls this awareness our true refuge, because it is available to every one of us, at any moment. It is what lies beneath all our wants In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty.

 Difficulté Très facile

 Durée 349 minute(s)

 Catégories Bien-être & Santé, Maison, Sport & Extérieur

 Coût 378 EUR (€)

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Étape 1 -

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