

Tara Brach, bestselling author of Radical 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 2, Based on a fresh interpretation of the three classic Buddhist gateways to freedomtruth, love and awarenessTrue Refuge shows us the way not just to heal True Refuge Finding Peace and Freedom in Your Own Awakened Heart. By Tara Brach. A gracefully written spiritual gem on awareness, refuge, and presence. Book Review by True Refuge Finding Peace & Freedom in Your Own Awakened Heart Based on a fresh interpretation of the three classic Buddhist gateways to freedom truth, love, and Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love. This practice is a pivotal step on the path to discovering and nurturing true refuge, enabling a profound transformation in how one relates to the world and oneself 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 In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty Based on a fresh interpretation of the three classic Buddhist gateways to freedom--truth, love, and awarenessTrue Refuge shows us the way not just to heal our suffering, but also to Tara Brach, author of the awardwinning 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 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 The power of presence allows individuals to connect deeply with their experiences, fostering a sense of inner peace and fulfillment. Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love. Tara Brach, bestselling author of Radical Acceptance, calls this awareness our true refuge, because it is available to every 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 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 happinessTrue Refuge is organized around three fundamental gateways to refuge that are found in every stream of Buddhism as well as within many other traditions: truth (of the present moment), love, and awareness 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.