

Tara Brach

Quotes

*Heart, Self, Compassion, Kindness, Acceptance, Feelings, Healing, Suffering,
Attachment, Spiritual, Desire, Space, Mind, Beautiful, Real, Moving, People,
Pain, Moments, Home*

Happiness lies not in finding what is missing, but in finding what is present.

~Tara Brach

Mindfulness is a pause - the space between stimulus and response: that's where choice lies.

~Tara Brach

Stopping the endless pursuit of getting somewhere else is the perhaps most beautiful offering we can make to our spirit.

~Tara Brach

We can find true refuge within our own hearts and minds-right here, right now, in the midst of our moment-to-moment lives.

~Tara Brach

On this sacred path of Radical Acceptance, rather than striving for perfection, we discover how to love ourselves into wholeness.

~Tara Brach

There are some things we can't choose, but in being present we can choose how we want to relate to them

~Tara Brach

Sometimes the easiest way to appreciate ourselves is by looking through the eyes of someone who loves us.

~Tara Brach

There is something wonderfully bold and liberating about saying yes to our entire imperfect and messy life.

~Tara Brach

Radical Acceptance is the willingness to experience ourselves and our lives as it is.

~Tara Brach

The most powerful healing arises from the simple intention to love the life within you, unconditionally, with as much tenderness and presence as possible.

~Tara Brach

Our attitude in the face of life's challenges determines our suffering or our freedom.

~Tara Brach

When we relax about imperfection, we no longer lose our life moments in the pursuit of being different and in the fear of what is wrong.

~Tara Brach

When someone says to us, as Thich Nhat Hanh suggests, "Darling, I care about your suffering," a deep healing begins.

~Tara Brach

The renowned seventh-century Zen master Seng-tsan taught that true freedom is being "without anxiety about imperfection.

~Tara Brach

Nothing is wrong - whatever is happening is just "real life."

~Tara Brach

When we put down ideas of what life should be like, we are free to wholeheartedly say yes to our life as it is.

~Tara Brach

By regarding ourselves with kindness, we begin to dissolve the identity of an isolated, deficient self. This creates the grounds for including others in an unconditionally loving heart.

~Tara Brach

Radical Acceptance: Embracing Your Life with the Heart of a Buddha.

~Tara Brach

The boundary to what we can accept is the boundary to our freedom.

~Tara Brach

Suffering is our call to attention, our call to investigate the truth of our beliefs.

~Tara Brach

Longing, felt fully, carries us to belonging.

~Tara Brach

Paying attention is the most basic and profound expression of love.

~Tara Brach

Imperfection is not our personal problem - it is a natural part of existing.

~Tara Brach

If our hearts are ready for anything, we are touched by the beauty and poetry and mystery that fill our world.

~Tara Brach

Whatever you encounter, may that be part of the path.

~Tara Brach

The muscles used to make a smile actually send a biochemical message to our nervous system that it is safe to relax the flight or freeze response.

~Tara Brach

We, like the Mother of the World, become the compassionate presence that can hold, with tenderness, the rising and passing waves of

suffering.

~Tara Brach

Where desire ends up causing suffering is when it fixates.

~Tara Brach

Observing desire without acting on it enlarges our freedom to choose how we live.

~Tara Brach

When we're awake in our bodies and sense, the world comes alive. Wisdom, creativity, and love are discovered as we relax and awaken through our bodies.

~Tara Brach

Pain is not wrong. Reacting to pain as wrong initiates the trance of unworthiness. The moment we believe something is wrong, our world shrinks and we lose ourselves in the effort to combat the pain.

~Tara Brach

When we open to love, we become love.

~Tara Brach

People don't behave in angry ways unless they are feeling stressed and conflicted too.

~Tara Brach

With mindfulness training we are able to recognize when we get lost in our mental dramas, and bring a kind and nonreactive presence to the feelings that accompany them.

~Tara Brach

Self-judgment continues to arise - it's a strong habit - but the fact that I made a conscious commitment to recognize it has helped me stop

feeding the story of being unworthy.

~Tara Brach

The trance of unworthiness keeps the sweetness of belonging out of reach. The path to "the sweetness of belonging," is acceptance - acceptance of ourselves and acceptance of others without judgment.

~Tara Brach

Relaxation is the doorway to both wisdom and compassion.

~Tara Brach

Awakening self-compassion is often the greatest challenge people face on the spiritual path.

~Tara Brach

Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns.

~Tara Brach

I knew I could hold myself with that absolute love and compassion.

~Tara Brach

As we free ourselves from the suffering of 'something is wrong with me, 'we trust and express the fullness of who we are.'

~Tara Brach

Even a few moments of offering lovingkindness can reconnect you with the purity of your loving heart.

~Tara Brach

But this revolutionary act of treating ourselves tenderly can begin to undo the aversive messages of a lifetime.

~Tara Brach

We are waiting for the next moment to contain what this moment does not.

~Tara Brach

In the process of deeply accepting our own inner experience, instead of being identified with a story of a limited self, we realize the compassion and wakefulness that is our essence.

~Tara Brach

Along with judging myself harshly, I'd also always seen the truth of goodness in me.

~Tara Brach

Stories about ourselves and about the world continually arise in our minds and shape our beliefs about reality.

~Tara Brach

Meditation can change the flavor of the season.

~Tara Brach

That non-attachment gives us the freedom to be exactly who we are.

~Tara Brach

If we're not open to losing, we're not open to loving.

~Tara Brach

We're so used to presenting ourselves and getting approval according to our achievements that it's difficult to be authentic and trust that we'll be accepted just as we are.

~Tara Brach

When we see the secret beauty of anyone, including ourselves, we see past our judgment and fear into the core of who we truly are - not an entrapped self but the radiance of goodness.

~Tara Brach

Everything we love goes. So to be able to grieve that loss, to let go, to have that grief be absolutely full, is the only way to have our heart be full and open.

~Tara Brach

To open in a loving way is to let awareness notice that tightening.

~Tara Brach

No matter what feeling comes up - numbness, irritability, shame - if I let it arise and play itself through, I naturally open into wakefulness and care.

~Tara Brach

Our greatest longing is to be intimate.

~Tara Brach

When I'm attached, I find that I don't see the other person as clearly because I'm more caught up in what I'm wanting.

~Tara Brach

My understanding is that to love, we need to be able to totally surrender to the living/dying nature of this world.

~Tara Brach

People have to find their rhythm. Some people have need for more contact and time together and some people need more space.

~Tara Brach

By running from what we fear, we feed the inner darkness

~Tara Brach

The two wings of mindfulness and kindness will begin to open the heart

to more connection with our world.

~Tara Brach

Underneath the stress is fear, and the biggest is our own personal fear of failure.

~Tara Brach

In a basic way, acceptance is seeing clearly what's happening and holding it with kindness. This is a radical antidote to the suffering of judging mind.

~Tara Brach

Managing life from our mental control towers, we have separated ourselves from our bodies and hearts.

~Tara Brach

Meditation helps us to get out of our thoughts about the future and really be in the present moment.

~Tara Brach

Meditation is evolution's strategy to bring out our full potential.

~Tara Brach

Most of us grow up with a sense of "I'm not intelligent enough." It's such a sad thing that in the West we worship a certain kind of left-brain intelligence.

~Tara Brach

We want to be in open, loving communion with each other and our greatest fear is intimacy. That it won't work and we'll be rejected.

~Tara Brach

What would it be like if I could accept life--accept this moment--exactly as it is?

~Tara Brach

It's the beginning of opening to love. Even if there's not much feeling of compassion toward oneself, just say, "It's okay, sweetheart," or "I'm sorry and I love you."

~Tara Brach

Our kids go to school and they come out feeling not intelligent, not desirable, not attractive or appealing to others.

~Tara Brach

Discovering a richer quality of being-ness means to keep surrendering and letting go of resistance.

~Tara Brach

Extend an act of kindness each day. No one has to know. It can be a smile, reassuring words, a small favor - without expecting something in return.

~Tara Brach

As I noticed feelings and thoughts appear and disappear, it became increasingly clear that they were just coming and going on their own. . . . There was no sense of a self owning them.

~Tara Brach

I'd known that I had the capacity to love, that I enjoyed seeing other people be happy, that I had a real awe and wonder about the beauty of this world.

~Tara Brach

In the collective psyche it is being understood... that we can cultivate wisdom and compassion.

~Tara Brach

It is through realizing loving presence as our very essence, through being that presence, that we discover true freedom.

~Tara Brach

If I'm judging the attachment, myself, or another person, then I create separation.

~Tara Brach

The main thing going on around intimacy is that we've developed a lot of strategies so we'll be a desirable package.

~Tara Brach

I don't believe I'm bad, and I do believe I'm good.

~Tara Brach

We are continually experiencing the conditioning to hold on, tighten, or resist.

~Tara Brach

If there's a demand of being together in a certain way, those expectations and judgements take away from that space and create an edginess and a cramped-ness to the relationship.

~Tara Brach

There is so much division in this world. So what is really the path of healing? It can begin in this moment, by embracing the life that's here.

~Tara Brach

In intimate relationships, if we start trying to be more real, it's very scary.

~Tara Brach

When we experience stress, the nervous system tries to control things. Part of waking up is discovering what we are beyond that controlling

organism.

~Tara Brach

By taking the time to explore charged memories in therapy we might uncover feelings that have been buried for decades.

~Tara Brach

Take moments to savor what is beautiful and good.

~Tara Brach

When you are in touch with your body and heart, it allows you to then be in the world and act with intention and clarity and kindness.

~Tara Brach

If you let someone know you appreciate him or her, especially when you're going to disagree, it gets that person's defenses down.

~Tara Brach

Just come into stillness. Have your intention be to relax with the breath. That will begin to set in motion a habit that will start to train the mind.

~Tara Brach

Stories can be a jumping-off point to access the emotions and the sensations in the body.

~Tara Brach

I want to accept myself completely, just as I am.

~Tara Brach

Emotions are the interaction of thoughts and of sensations in the body.

~Tara Brach

Just remember that everyone is struggling; everyone is living with fear and uncertainty and it doesn't matter what their politics are.

~Tara Brach

Become a witness to your thoughts.

~Tara Brach

It may sound lovey-dovey, but there's research showing the positive effect of meditation on parts of the brain that control emotion.

~Tara Brach

When caught in conflict and blame - make a U-turn and shift your attention from blaming thoughts to what's going on emotionally in your body.

~Tara Brach

There's healthy attachment, like with a mother and child. It's biologically part of our survival.

~Tara Brach

A lot of times in spiritual communities, detachment is considered to be an expression of being spiritually evolved when often, we have want and fear around being in relationship with each other.

~Tara Brach

I think of desire as the essence that brings forth the whole universe.

~Tara Brach

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