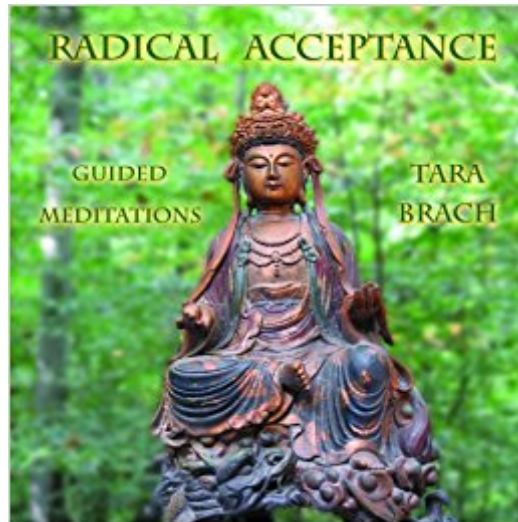




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# Radical Acceptance: Guided Meditations



## Synopsis

This CD set of guided meditations accompanies Tara Brach's book, *Radical Acceptance* (Bantam, 2003.) The meditations, drawn from the Buddhist tradition, guide practitioners in healing difficult emotions, working with pain, arriving in full presence, opening our hearts and realizing our true nature.

## Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars 45 customer reviews

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## Customer Reviews

Tara Brach, Ph. D., is the author of *Radical Acceptance- Embracing Your Life with the Heart of a Buddha* (Bantam, 2003.) She is founder and senior teacher of the Insight Meditation Community of Washington, and teaches Buddhist meditation at centers in the United States and Canada. A clinical psychologist, she has taught extensively on the application of Buddhist teachings to emotional healing.

This CD is fantastic. I'm not usually into guided meditations but these are great. I must say there are a couple of the 8 or so, that I have not heard, but I assume they would be good based on the others. "The Power of Yes" may sound like a cheesy title, but don't let it throw you off. I listened to it, and proceeded to do a gigantic pile of work I had been avoiding on my table for some time. It is a very thought provoking presentation that can change your point of view about difficult situations, and "un-paralyze" you. The author is a buddhist based teacher, and I do practice buddhist meditation. That being said, they have only a few references based in that frame, and I think anyone from any other, non-buddhist background, could benefit from these meditations. I learned of them from a

Christian friend, and he never even mentioned the buddhist factor.

After years of meditating, from the first week of using the cd's, my meditations became clearer, effortless and deeper. Now I use a different meditation from Radical Acceptance before my other meditation practices. I ordered Tara Brach's book "Radical Acceptance" and the guided meditation 2 cd set. Although they have the same title, the book and the cds are very different. They are complementary but are life changing works on their own. I can't imagine that anyone could read the first chapter of the book and not be changed.

This CD is amazing. It has many tracks to listen to for whatever you want to improve. It's from a Buddhist meditation practice. The Linda Brach's voice is low, articulate, and soothing. I've personally been listening to "forgiveness" which is the second CD first track. She talks about how to not only forgive the person you are feeling hatred towards - but also forgiving yourself. These CD's are wonderful for a person who wants to improve on their life and getting on the right path. Any person who is looking into spirituality as well - this CD is for you!! listen to it while falling asleep - but it is also good for just to meditate to as well.

I do a lot of guided meditation. This one was more like a audio book than a meditation. There was no music, just talk talk and talk more like reading a book. I did not use it since I didn't really like it.

A great companion to the book--I read the guided meditations from the book and tried it on my own but listening to Tara Brach read her guided meditations is a much better meditation experience. Her voice is very calming. I use the CD separate from the book too. Because the meditations are only 10 minutes it's very easy to listen and refocus what I'm feeling about my thoughts and give space to let everything just be. I am very happy a friend recommended this to me, I also highly recommend Tara Brach's work.

A practical guide to reducing internal pain (emotional or psychological) within ourselves, and to opening our hearts and minds to a clearer understanding of life. Tara uses contemporary psychology with the accrued wisdom of Buddhist teachings delivered in a non-dogmatic style that can help change your life for the better. The tone of voice and style of audio production is thoughtful, grounded and soothing. It is like listening to a very loving friend giving very wise advice, a wonderful gift for yourself or those close to you who may be struggling with the circumstances of their life.

These meditations are from the book of the same name. Very eye opening meditations. Makes you REALLY look at yourself and helps you accept who you are and where you are; therefore, opening you up to make real and lasting changes in your life. Again, an amazing experience for those ready and willing to take a hard, honest look at themselves.

Tara Brach has practiced and taught buddhist meditation for many years. She gives background information on several techniques and guides you through them in a calm and gentle way. The meditations are short, but really help me feel centered and calm.

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