

MindfulLiving™ Module 7
Self-Compassion Mastery
Chapter 11 Resources: Reading

First Forgive Yourself
The interview of Tara Brach by Tej Rae



❖ **Self-Compassion Mastery: Forgiving Yourself**

Tej Rae speaks with renowned Buddhist meditation leader, psychotherapist, and author **Tara Brach** about how to wake up from what she calls the "trance of unworthiness."

We readily forgive our children for licking syrup from their plates, but finding peace with others — like our fathers, ex-wives, or governments that have harmed our people — can be much more complicated. These unresolved feelings shape how we raise our children, interact with colleagues, or speak to our loved ones.

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❖ **Tara Brach**, a trusted teacher in mindfulness and self-compassion, helps people discover peace through forgiveness. Her work teaches the importance of self-compassion as a starting point for healing. I first discovered her through her podcast series — often called 'free therapy' — where she integrates **MindfulLiving™**, Buddhist texts, poetry, and literature into her teachings. What drew me in most was her poetic approach.

❖ Tara founded the **Insight Meditation Community of Washington, DC**, where she leads guided meditations weekly. The night I attended, the church was filled with people of all ages and backgrounds. Tara's presence, whether through her voice or in person, feels intimate and expansive. Her warm, grounded energy naturally softens those around her.

❖ **The Path to Self-Forgiveness**

Forgiveness, especially of oneself, is a cornerstone of **Self-Compassion Mastery**. In her book *Radical Acceptance*, Tara reveals how unresolved pain keeps us from fully embracing ourselves.

❖ **Self-compassion begins when we understand that healing starts within us.**

By practising self-kindness, we let go of anger and suffering. Tara shares her personal story about experiencing grief, loss, and public humiliation, which led her to develop her life's work. Her message is clear: Self-forgiveness is not a luxury but a necessity.

❖ **The Practice of Radical Acceptance in MindfulLiving™**

Understanding the concepts of forgiveness and compassion is one thing, but putting them into practice is an emotional journey. **Radical Acceptance** encourages us to accept our current reality with kindness fully. When we stop fighting ourselves, we awaken to a state of deep compassion for both ourselves and others.

❖ **In MindfulLiving™ Self-Compassion Mastery**

The goal is to recognise our inner critic and soften its hold on us. As Tara teaches, forgiveness is not something we can force; it is a gradual process. The more we forgive ourselves, the more we allow others into our hearts.

❖ Applying Self-Compassion to Global Conflicts

Tara has also applied her teachings to broader global challenges. Amid political unrest, she reminds us that beneath anger often lies fear, and beneath that fear is deep care. Whether facing personal struggles or more extensive societal issues, the **MindfulLiving™** approach teaches us to stay present and compassionate in the face of suffering.

❖ Personal Story of Forgiveness and Healing

One of Tara's most touching stories involves a woman who struggled to forgive her father for years. Through practising self-compassion and holding her pain with kindness, she was able to forgive him and heal their relationship before he passed away. This transformation shows how **MindfulLiving™ Self-Compassion Mastery** can profoundly change our lives.

❖ Reflection Questions

- How do unresolved emotions from your past influence your relationships today?
- What can you do to practice self-compassion the next time you face a challenge?
- When was the last time you forgave yourself for a mistake or misstep?

❖ Encouragement

Remember, self-compassion is not just an act of kindness — it's a way of living with awareness and gentleness toward yourself. **Forgiving yourself** is the first step to freeing yourself from pain and opening your heart to others.

❖ Disclaimer

This course is designed for educational purposes only and is not intended to replace professional mental health services. If you are struggling with severe emotional distress, please seek guidance from a licensed therapist or counsellor.



❖ Thank You Message

Thank you for participating in **MindfulLiving™ Self-Compassion Mastery**. We aim to help you navigate life's challenges with self-kindness and grace. As you continue your journey, remember to relax, enjoy, and embrace the beauty of self-compassion. If you have any questions, feel free to reach out.

♡ Blessings, stay healthy & safe ♡

Love, Shery Clein

MindfulLiving™ Coach Nurturing Awareness Intelligence



MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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