

## Download File Thich Nhat Hanh A Journal Of Awakening Pdf File Free

**The Pocket Thich Nhat Hanh True Love A Pebble for Your Pocket** Path of Compassion A Handful of Quiet The Art of Living **Inside the Now** The Energy of Prayer **Work Breathe: a Thich Nhat Hanh Meditation Journal** **Thich Nhat Hanh: Essential Writings** Cultivating the Mind of Love The Dragon Prince **The Art of Communicating** Finding Our True Home The Blooming of a Lotus Reconciliation **At Home in the World** **Good Citizens Making Space You Are Here** Thundering Silence **The Other Shore** **The Diamond That Cuts Through Illusion** **Moments of Mindfulness** The Miracle of Mindfulness **Stepping into Freedom** **Happiness** **Anger** **Love** **Letter to the Earth** Peace Is Every Step Joyfully Together Basket of Plums Songbook Planting Seeds **Answers from the Heart** Peaceful Action, Open Heart **No Death, No Fear** Mindful Movements **Fragrant Palm Leaves** The Miracle of Mindfulness

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life. In troubled times, there is an urgency to understand ourselves and our world. We have so many questions, and they tug at us night and day, consciously and unconsciously. In this important volume Zen Master Thich Nhat Hanh—one of the most revered spiritual leaders in the world today—reveals an art of living in mindfulness that helps us answer life's deepest questions and experience the happiness and freedom we desire. Thich Nhat Hanh presents, for the first time, seven transformative meditations that open up new perspectives on our lives, our relationships and our interconnectedness with the world around us. Based on the last full talks before his sudden hospitalization, and drawing on intimate examples from his own life, Thich Nhat Hanh shows us how these seven meditations can free us to live a happy, peaceful and active life, and face ageing and dying with curiosity and joy and without fear. Containing the essence of the Buddha's teachings and Thich Nhat Hanh's poignant, timeless, and clarifying prose, *The Art of Living* provides a spiritual dimension to our lives. This is not an effort to escape life or to dwell in a place of bliss outside of this world. Instead, this path will allow us to discover where we come from and where we are going. And most of all, it will generate happiness, understanding, and love, so we can live deeply in each moment of our life, right where we are. A playful, illustrated guide to one of the best known and most innovative meditation practices for young children experiencing stress, difficulty focusing, and difficult emotions. Developed by Thich Nhat Hanh as part of the Plum Village community's practice with children, pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress,

increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own. Over the years, Thich Nhat Hanh and his monastic community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh's trademark gentle approach to Buddhist teachings into a series of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When done as part of a full mediation practice, these movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh's long-time practitioner, Wietske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. Includes 35 minute DVD of Thich Nhat Hanh and members of his Plum Village Sangha demonstrating Mindful Movements. With little film footage of Thich Nhat Hanh available the sequence of the enclosed DVD that feature him demonstrating these exercises will be a welcome bonus. Booklet features a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC] This new translation of the Buddha's most important, most studied teaching offers a radical new interpretation. In September, 2014 Thich Nhat Hanh completed a profound and beautiful new English translation of the Prajñāparamita Heart Sutra, one of the most important and well-known sutras in Buddhism. The Heart Sutra is recited daily in Mahayana temples and practice centers throughout the world. This new translation came about because Thich Nhat Hanh believes that the patriarch who originally compiled the Heart Sutra was not sufficiently skillful with his use of language to capture the intention of the Buddha's teachings—and has resulted in fundamental misunderstandings of the central tenets of Buddhism for almost 2,000 years. In *The Other Shore: A New Translation of the Heart Sutra with Commentaries*, Thich Nhat Hanh provides the new translation with commentaries based on his interpretation. Revealing the Buddha's original intention and insight makes clear what it means to transcend duality and pairs of opposites, such as birth and death, and to touch the ultimate reality and the wisdom of nondiscrimination. By helping to demystify the term "emptiness," the Heart Sutra is made more accessible and understandable. Prior to the publication of *The Other Shore*, Thich Nhat Hanh's translation and commentaries of the Heart Sutra, called *The Heart of Understanding*, sold more than 120,000 copies in various editions and is one of the most beloved commentaries of this critical teaching. This new book, *The Other Shore*, supersedes all prior translations. In *The Energy of Prayer* Thich Nhat Hanh looks at the applications and

effectiveness of prayer in Buddhist and other spiritual traditions and closely examines the question of why we pray. The Energy of Prayer introduces the reader to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention. Life's fast pace leaves little room for reflection and attention to the present moment. To seek relief from stress and pain, we often turn to consuming in order to forget our suffering, but we soon find that material wealth is not enough to bring true happiness, and always leaves us searching for something more. The Energy of Prayer shows how prayer and meditation can offer a beneficial way to reconnect with ourselves while satisfying the basic human need to make a connection with something larger than our everyday self. Whether used as a daily practice, during times of crisis, or to express gratitude prayer serves many functions, and does not need to be tied to a particular religious or spiritual affiliation to be effective. Prayer has played an increasing role in the practice that Thich Nhat Hanh offers to his students. Rather than viewing it as dogmatic obligation, Buddhism views prayer as a form of energy, a way of communicating with one's higher self, one's ancestors, or one's God. Prayer is redefined not as being about asking some external force for what we need but about creating an internal environment in which it is easier to manifest positive outcomes in our lives. The Energy of Prayer includes visualization and breathing exercises and concludes with a rich sampling of a broad range of prayers, chants and invocations from the Buddhist tradition. Finding Our True Home presents a new definitive translation of the Amitabha Sutra along with Thich Nhat Hanh's first commentary on one of the most practiced forms of Buddhism in the world, the Pure Land school. Introduced in the Buddha's own lifetime, Pure Land practice puts us in touch with the beauty in our own world and brings us the security, solidity, and freedom we need in order to truly enjoy it. Realizing that Buddha is within us, we see that the Pure Land (paradise) is here and now, rather than in the future. Finding Our True Home will open a new Dharma door to many students of meditation. This beautifully designed gift book contains many of the best-loved inspirational quotations and passages from Zen master Thich Nhat Hanh. Basic meditation instructions and messages of peace, love, insight, understanding, and compassion accompany two-color illustrations throughout, with blank pages for personal reflections and inspiration. Moments of Mindfulness is a perfect journal for spiritual exploration. Moments of Mindfulness is intended to be used as a personal notebook or to simply read for everyday inspiration, and to help bring mindful practices and reflection to daily life. With beautiful details and design it makes a wonderful gift. Illustrations by Jenifer Kent. In the rush of modern life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to "mindfulness"—the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now. Lucidly and beautifully written, Peace Is Every Step contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is—in the kitchen, office, driving a car, walking a part—and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace. Nhat Hanh also shows how to be aware of relationships with others and of the world around us, its beauty and also its pollution and injustices. The deceptively simple practices of Peace Is Every Step encourage the reader to work for peace in the world as he or she continues to work

on sustaining inner peace by turning the "mindless" into the mindFUL. Lessons on love and Dharma, from celebrated Vietnamese monk Thich Nhat Hanh and featuring a foreword by Natalie Goldberg In *Cultivating the Mind of Love*, Thich Nhat Hanh gives a most unusual Dharma teaching: the story of his first love. He pairs these personal memories with his insightful commentaries on classic Buddhist teachings, including the Diamond Lotus, Avatamsaka, and Vimalakirti Sutras. In combining personal experience and Dharma teachings, Nhat Hanh allows his readers to experience and to appreciate what is human and wonderful in all of us. He shows us how to cultivate our own "mind of love"—and how to bring joy and hope to ourselves and those around us. "I am continually amazed at how Thich Nhat Hanh is able to translate the Buddhist tradition into everyday life and make it relevant and helpful for so many people. *Cultivating the Mind of Love* just might be my favorite book of his."

—Natalie Goldberg, author of *Writing Down the Bones* Drawn from Thich Nhat Hanh's Dharma talks given to young people, *A Pebble for Your Pocket* presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and mediation practices from the previous edition of *A Pebble for your Pocket* with those collected in *Under the Rose Apple Tree* plus several new stories, this completely revised edition is written in a conversational style, and is comprised of Buddhist parables, and stories from the author's own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, and give the young reader and their parents concrete advise on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn't rely on lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will learn about handling anger, living in the present moment, and "interbeing" - the interconnectedness of all things. Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform anger and unhappiness and reconnect to the wonders of nature and the joy of living in the present moment. This revised edition contains teachings and stories that the whole family can enjoy, as well as practices such as transforming anger in the family, instructions on how to invite the bell, breathing and sitting meditation, touching the Buddha inside, and others. This revised edition of *A Pebble for your Pocket* remains a unique and classic title in a market with few other substantial offering on this topic. It's teachings on spirituality and awareness are thought provoking on a child's level. This significantly expanded version includes all stories and practices previously published in *Under the Rose Apple Tree* plus 3 never before published stories. With 10 b/w illustrations by Philippe Ames and Nguyen Thi Hop. Ages 6-13. (Second graders and up) Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions. "[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." --His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. With hard-won wisdom and refreshing insight, Thich Nhat Hanh confronts a subject that has been contemplated by Buddhist monks and nuns for twenty-five-hundred years— and a question that has been pondered by almost anyone who has

ever lived: What is death? In *No Death, No Fear*, the acclaimed teacher and poet examines our concepts of death, fear, and the very nature of existence. Through Zen parables, guided meditations, and personal stories, he explodes traditional myths of how we live and die. Thich Nhat Hanh shows us a way to live a life unfettered by fear. Thich Nhat Hanh's central teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. It's only way to truly develop peace, both in one's self and in the world. Now, for the first time, all Thich Nhat Hanh's key practices are collected in one accessible and easy-to-use volume. *Happiness* is structured to introduce those new to Buddhist teachings as well as for more experienced practitioners, serving as a quintessential resource of mindfulness practices. Integrating these practices into daily life allows the reader to begin to cultivate peace and joy within him/herself, leading to solidity and freedom from fear, misunderstanding, and suffering. With the practices offered in *Happiness*, Thich Nhat Hanh encourages the reader to learn to do all the things they do in daily life with mindfulness; to walk, sit, work, eat, and drive, with full awareness of what they are doing. It can bring about a shift towards one of the principles of engaged Buddhism, a shift towards practicing mindfulness in every moment of the day and not just while 'formally' meditating. Thich Nhat Hanh encourages his readers to "try to be intelligent and skillful in their practice, approaching every aspect of the practice with curiosity and a sense of search. It's important to practice with understanding and not just for the form and appearance. Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart." We all share the experience of carrying with us the one question that has always seemingly stood in the way of the next step in our personal development, the development of our spiritual practice, or our understanding of ourselves. *Answers from the Heart* collects 50 of these most important and heartfelt questions posed to Thich Nhat Hanh by participants in his retreats and from his students, and offers his personal, heartfelt, and often surprising answers. These exchanges offer an accessible way into Buddhist teachings and often mix practical immediately applicable suggestions with ideas for further study and contemplation. The conversations also provide a lively glimpse into the connection between students and their teacher. *Answers from the Heart's* six thematic sections -- Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions, make the book easily accessible for those new to Buddhism as well as for more experienced practitioners. Thich Nhat Hanh's answers condense Buddhist wisdom of 2500 years into individual answers that shine with diamond-like clarity and summarize Thich Nhat Hanh's own insight based on his lifetime of practice. Best known for his Buddhist teachings, Thich Nhat Hanh has lived in exile from his native Vietnam since 1966. These remarkable early journals reveal not only an exquisite portrait of the Zen master as a young man, but the emergence of a great poet and literary voice of Vietnam. From his years as a student and teaching assistant at Princeton and Columbia, to his efforts to negotiate peace and a better life for the Vietnamese, *Fragrant Palm Leaves* offers an elegant and profound glimpse into the heart and mind of one of the world's most beloved spiritual teachers. Provides guidelines, encouraging words, reminders, and poems for novice monks and nuns in the Buddhist tradition This songbook shares the songs of Plum Village, Thich Nhat Hanh's Community of Mindful Living in France. With traditional hymns and many of Thich Nhat Hanh's well-know poems set to music, along with original compositions by songwriter Joseph Emet, *A Basket of Plums Songbook* is a perfect way to learn about mindfulness. These songs are for walking, sitting, breathing, eating, gratitude, and enjoying the present moment. Whether you chose to listen, sing along, or play the music yourself these songs offer an opportunity to experience mindfulness wherever you are. This beautifully designed book will be cherished for generations. Written in the summer of 2013, *Inside the Now* contains the most recent, never before published commentaries and reflections of Thich Nhat Hanh on living in

stillness and timelessness. The book begins with an autobiographical reflection in which we hear the voice of the young monk, poet, and community-builder struggling in war-torn Vietnam to develop a Buddhism relevant to the suffering of his time. These early experiences lay the groundwork for Thich Nhat Hanh's insights into the nature of time and interbeing. In part two, we hear the clear, direct voice of the Zen Master challenging us to open our hearts, seize the moment, and touch the now. The book is interspersed with poetry from other Zen masters as well as the author's own verse and calligraphy. One of the world's great meditation teachers offers thirty-four guided exercises that will bring both beginning and experienced practitioners into closer touch with their bodies, their inner selves, their families, and the world. Compassionate and wise, Thich Nhat Hanh's healing words help us acknowledge and dissolve anger and separation by illuminating the way toward the miracle of mindfulness. *Peaceful Action, Open Heart* shines 60 years of study and practice upon one of the crowning scriptures of the path of the Buddha, and is destined to be known as one of the most significant writings by Thich Nhat Hanh. The Lotus Sutra is one of the most revered of Mahayana sacred texts and is sometimes called "the king of sutras." Despite this fact, there are very few commentaries in English available today. Thich Nhat Hanh explores the Sutra's main theme-- that everyone has the capacity to become a Buddha, and that Buddha-nature is inherent in everything--but he also uniquely emphasizes the sutra's insight that Buddha-nature is the basis for peaceful action. Since we all will one day become a Buddha, he says, we can use mindfulness practices right now to understand and find solutions to current world challenges. In his interpretation of the sutra, he suggests that if the practices, views, and insights of the Lotus Sutra would find application not only by individuals but also by nations, it would offer concrete solutions to transform individual suffering and the global challenges facing the world today. Stamped with his signature depth of vision, lucidity, and clarity, Thich Nhat Hanh's insights based on the wisdom of the Lotus Sutra invoke a wide range of contemporary topics and concerns, such as the Palestinian-Israeli war, the threat of terrorism, and the degradation of our environment. In proposing radical new ways of finding peaceful solutions to universal, contemporary conflicts, he not only challenges the U.N to change from an organization to a real organism working for peace and harmony in the world, but also encourages all branches of all governments to act as Sangha. In so doing, he demonstrates the practical and direct applicability of this sacred text to today's concerns. This book has been re-released with a new title. The earlier hardcover edition was entitled *Opening the Heart of the Cosmos*. This collection of autobiographical and teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking and inspiring. Collected here for the first time, these stories span his life. There are stories from his childhood and the traditions of rural Vietnam. There are stories from his years as a teenage novice, as a young teacher and writer in war torn Vietnam, and of his travels around the world to teach mindfulness, make pilgrimages to sacred sites and influence world leaders. The tradition of Zen teaching stories goes back at least to the time of the Buddha. Like the Buddha, Thich Nhat Hanh uses story-telling to engage people's interest so he can share important teachings, insights and life lessons. Cut through the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk. In this book, Thich Nhat Hanh--Zen monk, author, and meditation master--distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment--including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into

compassion, tenderness, and peace. As Thich Nhat Hanh declares, "the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody." It is as simple as breathing in and breathing out. In this beautifully written book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how to acquire the skills of mindfulness. Once we have these skills, we can slow our lives down and discover how to live in the moment - even simple act

The Diamond Sutra, a mainstay of the Mahayana tradition, has fascinated Buddhists for centuries because of its insights into dualism and illusion: the "diamond" can cut through any obstacle on the road to enlightenment. In the Diamond Sutra, the Buddha responds to a disciple's question about how to become a Buddha. The Diamond that Cuts Through Illusion presents a dialogue between the Buddha and his disciple, Subhuti, which illuminates how our minds construct limited categories of thought. The answer: we must move beyond personal enlightenment to follow the path of the Bodhisattvas, fully enlightened beings who postpone Nirvana in order to alleviate the suffering of others. It offers us alternative ways to look at the world in its wholeness so we can encounter a deeper reality; develop reverence for the environment and more harmonious communities, families, and relationships; and act in the world skillfully and effectively. This revised edition includes Thich Nhat Hanh's translation of the Sutra from the Chinese and, in his commentaries, his own diamond sharp insight, including new work on the environmental implications of the Diamond Sutra. A beautiful edition of one of Buddhism's central texts.

Joyfully Together contains a wealth of ideas, thoughts, and practical suggestions on how to live happily with other people. The wisdom in this book draws from ancient Buddhist traditions to solve conflicts large and small. Thich Nhat Hanh explores the spiritual, emotional, and practical aspects of developing a community for life. He shows how using nonviolent communication can resolve difficulties and nurture a sense of peace and reconciliation in all of our relationships. The practical insight he shares in this book is easily adaptable for use by families, religious communities, cities, and even the United Nations. Minimalist and meditative. The Breathe Journal is a clean and simple writing companion featuring the curated insights and authentic cover calligraphy of Zen master Thich Nhat Hanh. A simple notebook with a Zen aesthetic. This meditative journal features selected excerpts and quotes from Zen master Thich Nhat Hanh's most-loved teachings, prayers, and poems. Designed with crush-proof rounded corners, thick and flexible cover stock, and the authentic calligraphy of Thich Nhat Hanh on the cover. The renowned Zen master and peace activist introduces a Buddhist approach to practicing authentic love in our everyday lives

In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr. The Zen monk argues for a more mindful, spiritual approach to environmental protection and activism—one that recognizes people and planet as one and the same

While many experts point to the enormous complexity in addressing issues ranging from the destruction of ecosystems to the loss of millions of species, Thich Nhat Hanh identifies one key issue as having the potential to create a tipping point. He believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh points to the lack of meaning and connection in peoples' lives as being the cause of our addiction to consumerism. He deems it vital that we recognize and respond to the stress we are

putting on the Earth if civilization is to survive. Rejecting the conventional economic approach, Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change. Love Letter to the Earth is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same. One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal

In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness. Find peace and calm amid the busyness of your life with this mindfulness meditation book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, Making Space offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home. "[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." -His Holiness The Dalai Lama

Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant of anger--one of the most powerful emotions--lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power "to change everything."

Zen master Thich Nhat Hanh, bestselling author of Peace Is Every Step and one of the most respected and celebrated religious leaders in the world, delivers a powerful path to happiness through mastering life's most important skill. In this precise and practical guide, Buddhist monk Thich Nhat Hanh reveals how to listen mindfully and express your fullest and most authentic self. With examples from his work with couples, families, and international conflicts, The Art of Communicating helps us move beyond the perils and frustrations of misrepresentation and misunderstanding to learn the listening and speaking skills that will forever change how we experience and impact the world. A portion of the proceeds from your book purchase supports Thich Nhat Hanh's peace work and mindfulness teachings around the world. For more information on how you can help, visit [www.thichnhathanhfoundation.org](http://www.thichnhathanhfoundation.org).

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with



conflict and strong emotions. Also included, are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children's touching the earth. Beautiful, color illustrations by Wietske Vriezen Illustrator of Mindful Movements (ISBN-13: 978-1-888375-79-4) accompany the various practices. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book and CD helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others. Illustrated by Wietske Vriezen Illustrator of Mindful Movements (Mindful Movements - Ten Exercise for Well Being, ISBN-13: 978-1-888375-79-4). Includes 1 audio CD. In Good Citizens, Thich Nhat Hanh lays out the foundation for an international solidarity movement based on a shared sense of compassion, mindful consumption, and right action. Following these principles, he believes, is the path to world peace. The book is based on our increased global interconnectedness and subsequent need for harmonious communication and a shared ethic to make our increasingly globalized world a more peaceful place. The book will be appreciated by people of all faiths and cultural backgrounds. While based on the basic Buddhist teachings of the Four Noble Truths and the Eight-Fold Path, Thich Nhat Hanh boldly leaves Buddhist terms behind as he offers his contribution to the creation of a truly global and nondenominational blueprint to overcoming deep-seated divisions and a vision of a world in harmony and the preservation of the planet. Key topics include the true root causes of discrimination; the exploration of the various forms of violence; economic, social, and sexual violence. He encourages the reader to practice nonviolence in all daily interactions, elaborates on the practice of generosity, and teaches the art of deep listening and loving speech to help reach a compromise and reestablish communication after misunderstandings have escalated into conflicts. Good Citizens also contains a new wording of the Five Mindfulness Trainings (traditionally called "precepts") for lay practitioners, bringing them in line with modern-day needs and realities. In their new form they are concrete and practical guidelines of ethical conduct that can be accepted by all traditions. Good Citizens also includes the complete text of the UN Manifesto 2000, a declaration of transforming violence and creating a culture of peace for the benefit of the children of the world. It was drafted by numerous Peace Nobel Prize recipients and signed by over 100 million people worldwide. Coinciding with a US presidential election year, Good Citizens reaches across all political backgrounds and faith traditions. It shows that dualistic thinking—Republican/Democrat, Christian/Muslim—creates tension and a false sense of separateness. When we realize that we share a common ethic and moral code, we can create a community that can change the world. In Thundering Silence Thich Nhat Hanh presents the early teachings of the Buddha on not becoming so attached to his teachings that we don't see reality clearly anymore and become stuck in notions and ideologies, however noble they may be. These teachings can liberate us from the prisons of our mental constructions and allow us to enjoy life fully and be a resource for others. Near the end of his life, the Buddha declared, "during forty-five years, I have not said to encourage his disciplines not caught by words or ideas. Thich Nhat Hanh calls this "the roar of a great lion, the thundering silence of a Buddha". The attitude of openness, non-attachment from views, and playfulness offered by the Buddha in this sutra is an important door for us to enter the realm of Mahayana Buddhist thought and practice. In Thich Nhat Hanh's commentaries he makes use of such classic Buddhist allegories, as The Raft is not the Shore, and The Finger Pointing at the Moon and demonstrate the practical applications of these teachings in everyday life. This revised edition contains new material based on Thich Nhat Hanh's more recent teachings. The new material makes commentaries on the Sutra on Knowing the Better Way to Catch a Snake

more accessible and broader in scope. Path of Compassion is a collection of key stories from Thich Nhat Hanh's classic Old Path White Clouds, a book celebrating its 20th publishing anniversary this year. It tells the fascinating life story of Prince Siddhartha, who left his family and renounced his carefully guarded life, and after many years of spiritual seeking became the Buddha, the Enlightened One. Far more than the description of an unusual life story, it serves as an enjoyable, compelling, and informative introduction to Buddhism by conveying its most important teachings in a compact and accessible format. Thich Nhat Hanh's ability to show the Buddha as a person who deals with the same life issues as we do is unique and unsurpassed. Written in language accessible to readers of all ages and levels of experience Thich Nhat Hanh combines the description of the major life stages of the Buddha with his most important teachings. Reaching far beyond the biography genre Path of Compassion is a highly readable and informative introduction to Buddhism. In Thich Nhat Hanh's latest teachings on applied Buddhism for both the work place and daily life, chapters include dealing with workplace scenarios; dealing with home and family; encounters with strangers and with daily life; transportation; and creating communities wherever you are. This book is designed for adults who are new to meditation as well as those who are more experienced. The emphasis is on how to use applied Buddhism in daily life. Work aims at contributing to new models of leadership and doing business. It is also a book full of life-coaching advice, finding happiness, and positive psychology. We all need to "Chop Wood and Carry Water". Most of us experience work, hardship, traffic jams, and everything modern, urban life offers. By carefully examining our everyday choices we can move in the direction of right livelihood; we can be a lotus in a muddy world by building mindful communities, learning about compassionate living, or by coming to understand the concept of "Buddha nature." Work also discusses mindful consumption, or the mindful use of limited resources. Instead of Living Large in Lean Times or Ramen to Riches we can learn to appreciate living less large and think about what kind of riches we want for ourselves and others. The Dragon Prince is a collection of 15 stories and legends from Vietnam retold by Zen master poet and peace activist Thich Nhat Hanh. As in many of his teachings, Nhat Hanh emphasizes themes of cooperation and reconciliation, while providing a rich introduction to the mythical elements of Vietnamese culture. The stories range from creation myths to tales of wars and food and custom myths, all aiming at the notion of "mindfulness," of become aware of what is happening in the moment. Imaginary characters weave through the lives of actual persons and events, blending fiction and non-fiction, magic and fantasy, into the profound realization of the interconnectedness of all beings. The tales highlight the importance of "true seeing" and focuses on transcendence rather than anguish. Above all The Dragon Prince simply contains well-told stories with clear and lyrical writing, once again giving testament to Thich Nhat Hanh's immense skill as a writer. This book is a must for every collection. From the afterword by translator Mobi Warren: "The heroes and heroines of these stories celebrate closeness to the Earth, the importance of assuming personal responsibility for one's conduct, and the possibility of resolving conflict through understanding rather than violence". B/W Illustrations throughout.