

*"Thich Nhat Hanh writes with the voice of the Buddha." —Sogyal Rinpoche*

# THICH NHAT HANH



## The Miracle of Mindfulness

*An Introduction to the Practice of Meditation*

Translated by Mobi Ho

Thich Nhat Hanh

## The Miracle of Mindfulness: An Introduction to the Practice of Meditation



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In this beautiful and lucid help, Zen expert Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the abilities of mindfulness--being awake and completely aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each second holds within it a chance to work toward better self-understanding and peacefulness.



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A Book THAT MAY Literally Transform YOUR DAILY LIFE! This book literally changed my entire life. I specifically appreciate Hanh's commitment not merely to a seated practice but to a dynamic participation in the life span of the globe. This publication did that and even more. I've become more aware of myself, my environment, my physical, spiritual, and emotional needs, and also have learned how to meet those requirements.. If you are looking for self-improvement (and who isn't? Focus on the take action of breathing. Beautifully created this is a publication that I will keep time for and integrating into lifestyle it can help you see life where you are and what abundance you curently have Mindfulness for health... superb intro to meditation and Zen Buddhism With how widespread Thich Nh?t H?nh's name is in the brand new age world, I completely misunderstood who he was and what he taught. The most intuitive guide on mindfulness available. His 'mindfulness' isn't the complicated buzzword it really is today, but merely a way to inch towards the Buddhist idea of enlightenment.I expected scam artistry akin to Eckhart Tolle or Deepak Chopra, not legitimate Buddhist teachings. There's still a few lines of woo-woo that don't mean anything (if you ask me, at least), however the majority of Hanh's Buddhist ideas reject the nonsense of religious text and simply desire the the reader to end up being self-aware: Recognize their feelings and the emotions of others; What I came to find out through reading this book, was that these 'issues' came down to that one central question:What's my 'purpose' for being alive and how do i attain it? Focus on any work one's doing and revel in it -- walking, performing the laundry, the laundry -- because all moments in existence could and should be pleasant.This book has truly been a miracle for me and I am excited to read the other writings out of this phenomenal man.), please browse this book! the is-ness of all things. Living Mindfully As a beginning yogi, my practice of meditation has been small, usually wishing I possibly could hurry through that last part of the session.Hanh's writing is normally succinct, and makes the reader experience beautiful without asking for anything in exchange. What do you have to reduce? Hanh's Miracle of Mindfulness is a series of translated letters from 1968 -- written while exiled from Vietnam -- instructing youthful monks abroad on meditation. This is the book that allowed me to understand what mindfulness and meditation practices are all about. It has been a big help me both in my meditation practice (even as a Catholic) and in my life. Wish I was more capable of enduring the road he presents to us. My stress has truly gone down considerably since functioning mindfulness into my entire life although I understand it is a lifelong practice.The book concludes with a good step-by-step guide on each method of meditation without the letters' contexts -- an excellent reference for when one needs reminders. After reading "The Miracle of Mindfulness" I realize I've been blowing off maybe the very best part of yoga exercises practice. With a clearer understanding of the meaning and importance of mindfulness, I am more self-aware and conscious of my actions and surroundings.Anyone who also meditates, seeks out the spiritual dimension of lifestyle, or is searching for a greater feeling of meaning to ordinary experience should absolutely browse this book. Hi, as a 24 year older who has been surviving in New York City for the past three years, I found myself coping with issues of self that I not only had under no circumstances experienced, but hadn't also been forewarned of. Merely reading what even creates a relaxed psyche.. I am one of those individuals who never write reviews, but I feel compelled to share. I've read other books from various other authors which were probably too deep for easy understanding. the causes of sociable strife and personal soreness;! I've ran up personal credit card debt and time paying for classes and books, LOOKING FOR ANSWERS to questions that I felt had been fundamental to my entire life. Thich Nhat Hanh does a miraculous job of interacting his thoughts and suggestions in a way that allowed me to put into action what I was reading immediately.I think the most

important take-away for me personally was the epiphany (the MIRACLE) of learning that whenever I am in a position to be present, We automatically give myself permission to end up being the most authentic version of myself; I am able to immediately elevate the life that I want to live and contagiously elevate the lives of these around me. It's a straight, beautiful group of meditations to clean away one's anxieties, starting with the most simple part of meditation: Be aware of one's breathing. Please give the book a try! Highly recommended! I found the lessons and encounters shared in this reserve to be PRICELESS! The Miracle of Mindfulness by Thich Nhat Hanh I am a huge like of Thich Nhat Hanh generally and this function, The Miracle of Mindfulness, specifically. Rather than tuning out, open yourself up to that a very important factor you can focus on and appreciate it for what it is whether it's the audio of your breath or a travel in the country. Hanh's premise, appreciate the present, be alive to as soon as, is not brand-new but he offers helpful exercises to assist you achieve this state. Life changing I enjoyed this reserve from cover to cover. My partner has been learning Mindfulness for about 7 years right now and he still believed this reserve was a good read. As a sufferer of Crohn's Disease, which can be severely frustrated by negative stress, I was in desperate want of an effective form of handling life's stressors. I found this elevated my appreciation of the work. That's a powerful lesson to glean from a small but powerful book. It doesn't take long to learn but it takes a life time to live out. Great book for beginners seeking help with the technique of ... Great book for beginners seeking help with the technique of Mindfulness and in addition best for prodigy's who want a refresher every once in awhile. The Miracle of Mindfulness can be an inspirational, gentle, loving book that is invaluable as a support for meditation practice and a richer existence generally. He loves everything Thich Nhat Hanh is usually apart of. I loved both these books so very much I have the art of communication on it's way. I have my girl reading it currently. You'll be thankful that you did. To maintain myself mindful. This book can be an easy 5 stars for a person that wants to learn mindfulness within the context of Buddisim. Always room for one more of his books. My objective was to pick-up information that could help me with my daily meditation/breathing exercises for health reasons only. I have a assortment of his books. My favorite is "Call Me by My True Name". My appreciation for Mr. Excellent book! No comment No comment beautiful A real living Buddha speaks. Very practical tips. Understanding is a lifestyle changing experience. The work is educated by his own life, his suffering as a Vietnamese monk and his transformation of this suffering as an activist for peace deepens the meaning of this highly accessible function. I've read it twice since investing in a few weeks ago, I had a need to read it twice to essentially absorb and assimilate the content on mindfulness in everyday existence. I purchased the center of the Buddha's teaching by Thich Nhat Hang. I will keep that reserve to refferance in my practice. Browse this mindfully and you may live differently Beautifully written, short book. Mr Nahn includes a very easy to learn teaching in litterateur. 'Issues' like severe anxiety, lack of motivation and purpose, and a full deadlock on acquiring any technique or motivation of achieving the goals that I wanted to achieve for myself whether professionally, spiritually, physically, you name it. Its a difficult one, but really appears to be one which prospects to better places. Very great read! Nahn placing these teachings in his words is deep.



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