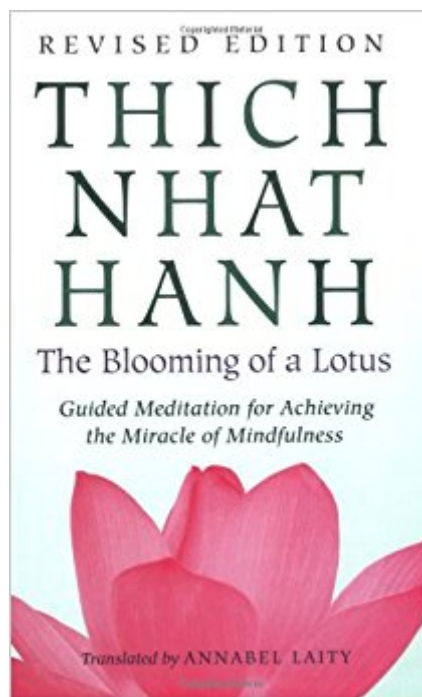




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The Blooming Of A Lotus: Revised Edition Of The Classic Guided Meditation For Achieving The Miracle Of Mindfulness



Synopsis

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.

Book Information

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Customer Reviews

Thich Nhat Hanh is a great teacher. More than anyone I know, he has made mindfulness practice accessible to the modern world. --Natalie Goldberg, author of *Writing Down the Bones*"Any one of these meditations, if practiced with sincerity and wholeheartedness, can make the richness of the present moment apparent and bring you closer to yourself." --Jon Kabat-Zinn, author of *Wherever You Go, There You Are*"Here the deepest, subtlest teachings of the Dharma are made as immediate as the miracle of our own breathing." --Joanna Macy, author of *World as Lover, World as Self*

Thich Nhat Hanh is a Vietnamese monk, renowned Zen master, poet, and peace activist. He was nominated for the Nobel Peace Prize by Martin Luther King Jr. in 1967 and is the author of many books, including the best-selling *The Miracle of Mindfulness*. Thich Nhat Hanh lives in Plum Village in Southern France.

I have not finished reading the book fully but Thich Nhat Hanh offers many different meditation techniques to bring silence and peace to your world. I am a Roman Catholic but find much joy and peace in many of his books. I have infused many of skills in my daily spiritual practice

This is a terrific guide for one's daily meditation. The chapters divide the meditations into themes which is helpful when deciding on the intention for your particular meditation. I like this edition better than the earlier one because each chapter starts with a short preface regarding the theme. For example, chapter II: Images. This helps to set the tone, similar to our getting ourselves settled at the beginning of our meditation. So, I often use one of the meditations to guide me through my practice of the day. The book can also be read for contemplation, again using the chapter themes as subjects. Thanks to Thich Nhat Hanh for giving us many books and audios to help us become more mindful and compassionate. This is one of his best.

If you are looking for a book from my favorite Zen Master, Thich Nhat Hanh for teaching or practicing your own guided meditation than I would recommend this book. My all time favorite book by Thich Nhat Hanh is The Miracle of Mindfulness: An Introduction to the Practice of Meditation. I bought this book as an addition to The Miracle of Mindfulness.

just keep breathing

As always, Thich Nhat Hanh manages to convey wisdom with the clearest of words and most insightful examples. This book is especially helpful, however, if you plan to lead a group in guided meditation. It is a collection of step-by-step guided meditations. They are arranged generally by topic and each has a prose introduction that expands on a spiritual idea. If you have a completely separate idea of your own, you can easily adapt one of these to carry it through in a guided meditation. So helpful with formatting and pacing your reflections!

I need help in my efforts to bring meaningfulness to guided meditation. Guiding meditation is a skill that is learned. While years of experience are still required, in my opinion, to learn that skill, this book is an essential resource.

I like the book, but was expecting some narrative. It only has exercises, which is fine, but I will have

to find another Thich Nhat Hanh book to explain the spirituality.

Profound in its simplicity...

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