

Chanting From The Heart Buddhist Ceremonies And Daily Practices

Buddhist Pali chants with English translations for use by students in Meditation Retreats. Pali is an Indo-Aryan language, current in Northern India at the time the Buddha was teaching and used by him. It is the language in which his teaching is preserved in the Tipi aka, the sacred texts of Theravada Buddhism. It was an oral language. It had no alphabet of its own.The Buddha's teachings were not written down until the Fourth Buddhist Council in Sri Lanka in 29 BCE, in Sinhala script approximately four hundred and fifty-four years after the death of Gautama Buddha. Pali was also written in Brahmi script as in the rock-cut edicts of Asoka in north-central India, dated to 250-232 B.C. Pali has been transliterated into the alphabets of many languages. I have used the Roman transliteration used by the compilers of the first Pali Dictionary for the Pali Text Society. "

This easily accessible translation and commentary by Thich Nhat Hanh on the Sutra on Knowing the Better Way To Live Alone, is the earliest teaching of the Buddha on living fully in the present moment. "To live alone" doesn't mean to isolate oneself from society. It means to live in mindfulness: to let go of the past and the future, and to look deeply and discover the true nature of all that is taking place in the present moment. To fully realize this is to meet our appointment with life and to experience peace, joy, and happiness this realization brings. A wonderful addition to the library of anyone interested in Buddhist

studies. "Our appointment with life is in the present moment. The place of our appointment is right here, in this very place." Thich Nhat Hanh in Our Appointment with Life

The first volume of Chanting from the Heart, by Zen Master Thich Nhat Hanh and the monks and nuns of Plum Village, Volume I: Buddhist Sutras and Recitations, contains sutras from both the Theravada and Mahayana traditions, translated by Thich Nhat Hanh from both the Pali and Chinese canons. In Chanting from the Heart, he included the sutras he felt to be the most essential for study and regular recitation by his lay and monastic disciples. The recitations are verses for contemplation and reading aloud, some written by Thich Nhat Hanh, others handed down through his Vietnamese Zen tradition. These sutras and commentaries are read, recited, and chanted regularly during daily meditation sessions in Thich Nhat Hanh's Plum Village monasteries and practice centers worldwide.

This text is regarded as the essence of Buddhist teaching, offering subtle and profound teachings on non-duality; the letting go of all preconceived notions, opinions, and attachments, and so become open to all the wonders of our life. This book features a translation and commentary by Thich Nhat Hanh.

The Heart of the Buddha's Teaching

The Admonitions and Encouraging Words of Master Guishan

With English Translations

Sutras and Chants for Recitation from the Plum Village Community

Ceremonies and Practices from the Plum Village Community

A Time to Chant

Bells of Mindfulness

Peaceful Action, Open Heartshines 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.

One of the key tenets of the Zen school of Mahayana Buddhism is that each one of us is already a Buddha—our enlightenment is inherent within us, and the practice of mindfulness is the tool to bring this truth to our full awareness. While it can bring much relief, this simple statement does not preclude the need for practice. We must strive to always be aware of our Buddha nature, rather than waiting until times of emotional upheaval when it is more difficult to practice. Thich Nhat Hanh uses the teachings of ninth century Zen Master Linji to elaborate on this simple truth and to give readers tools that can help awaken them to their true inner nature. Linji's recorded teachings are the most significant we have from the Chan school. One of the unique aspects of Linji's teaching, is the need to "wake ourselves up," not only by means of sitting meditation and listening to enlightened teachings, but also through unique techniques such as the shout, the stick, and the empty fist. Master Linji emphasized direct experience of our true nature over intellectual explorations of the teachings, and he encouraged his students to not "become lost in the knowledge or the concepts of the teaching." Powerful, direct, and uncompromising, Thich Nhat Hanh's reflections on the teachings of Master Linji are destined to become classic Buddhist writings.

Each chapter of this book offers a biography of a religious leader and a detailed discussion of his or her rise to sainthood over the course of China's twelfth century. Throughout, emphasis is on the creative and largely successful strategies deployed in the face of state indifference or hostility.

A husband and wife share stories of struggle and triumph along the path of the Buddha, distilling his most essential teachings in this guide that is "luminous in clarity and depth." (Tara Brach, author of Radical Acceptance) Husband and wife Kittisarao and Thanissara take turns co-authoring chapters in this deeply personal dharma book exploring the inner practice of meditation in support of awakening. Within the context of the lives of the authors, both monastics in their youth, awakening unfolds as a multifaceted process following the archetypal journey of the hero(ine). Traveling from innocence to disillusionment through the fields of trials and despair that lead to maturity, and ultimately to inspiration and a blessed life, Listening to the Heart tells the story of two unconventional individuals who have together embraced spirituality as the keystone of their lives. At the heart of the book, through teachings on the nondual nature of reality, we enter the " intimacy with all things " as revealed in core Buddhist texts. Without ending at the goal of personal freedom, Thanissara and Kittisarao encourage us to go beyond the experience of inner peace to embodying wisdom in acts of service within the world. With a realistic appraisal of our current global crisis in which sustainability is threatened by catastrophic climate change, the authors encourage a preparedness that enables a mindful balance of equanimity and passionate engagement whatever the outcome of our global evolutionary journey. The guiding refuge for this journey is the Buddha, the historical teacher and—most profoundly—that immediate and direct pure awareness, which we all can access. The book also draws on teachings and stories of Buddhist masters who are fearless, funny, and challenging. Eventually, we are led into the Mary-like presence of the goddess of mercy, Kuan Yin who, as a great archetype within Buddhist cosmology, reveals the deepest mystery of our own hearts and our capacity for merciful and compassionate response. As the inner process of awakening unfolds, it transforms seekers and their lives, as modeled by the authors. It both heals the personal self in its journey through its wounds and shadows, and yet at the same time dissolves identification with the self. The book then ends by returning to the simplicity of the authors' primary teacher, Ajahn Chah, with his encouragement to " Be the Dharma. "

Listening to the Heart

And other Buddhist Tales of Happiness

Mahamevnawa Pali-English paritta chanting book

Moral and Ethical Teachings of Zen Buddhism

Opening the Door of Your Heart

Sutra on Knowing the Better Way to Live Alone

Lessons from the Lotus Sutra

Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Choron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

This 20th anniversary edition of Thich Nhat Hanh's classic commentary offers new insights into one of the Buddha's most important teachings. According to the Anapanasati Sutra, maintaining awareness of our breathing is a means of awakening to the true nature of all things and arriving at spiritual liberation. Breathe, You Are Alive! outlines the Buddha's exercises of conscious breathing along with commentaries and further exercises for daily life. Thich Nhat Hanh gently walks the reader through a progression of exercises that focus on the physical, mental, and spiritual planes. This new edition includes Thich Nhat Hanh's most recent commentaries

An introduction to Zen chanting practice, with new accurate and charitable translations of the texts used in Zen centers and monasteries throughout the English-speaking world—by the renowned translator of Dogen and Ryokan. A Zen chant is like a compass that sets us in the direction of the awakened life; it is the dynamic, audible counterpart to the silent practice of zazen, or sitting meditation; and it is a powerful expression of the fact that practice happens in community. Here is a concise guide to Zen chants for practitioners, as well as for anyone who appreciates the beauty and profundity of the poetry in dharma. An introduction to the practice is followed by fresh and carefully considered translations and adaptations of thirty-five chants—some common and others less well known—along with illuminating commentary.

Love, compassion, and peace - these words are at the heart of all spiritual endeavors. Although we intuitively resonate with their meaning and value, for most of us, the challenge is how to embody what we know, how to transform these words into a vibrant, living practice. In these times of conflict and uncertainty, this transformation is far more than an abstract ideal; it is an urgent necessity. Peace in the world begins with us. This wonderfully appealing offering from one the most trusted elders of Buddhism in the West is a warm and engaging exploration of the ways we can cultivate and manifest peace as wise and skillful action in the world. This charming book is illuminated throughout with lively, joyous, and sometimes even funny citations from a host of contemporary and ancient sources - from the poetry of W.S. Merwin and Galway Kinnell to the haiku of Issa and the great poet-monk Ryokan, from the luminous aspirations of Saint Francis of Assisi to the sage advice of Thich Nhat Hanh and the Dalai Lama.

One Buddha is Not Enough

a translation into English from the Sinhala translation

Essential Buddhist Sutras and Commentaries

Chanting

Buddhism

A Practice for Awakening the Heart

Chanting from the Heart Vol II

A Sot Zen priest and Dharma successor of Kosho Uchiyama Roshi explores eight of Zen's most essential and universal liturgical texts and explains how the chants in these works support meditation and promote a life of freedom and compassion.

The Heart Sutra is the most important Buddhist text that has been long considered one of the three key books for monastic meditation practitioners For monks, nuns, or laypeople, this text from the days of early Buddhism in China calls on us to wake up and live an authentic life dedicated to spiritual ideals. The Admonitions and Encouraging Words of Master Guishan is offered to new monks and nuns at the time of their ordination together with books on monastic codes of conduct, and it remains a companion and guide throughout their career. The importance of Master Guishan's Classical Chinese text cannot be underestimated. Although it is addressed to monks, it is suitable for anyone who seeks to awaken and live with clarity and intention. Thich Nhat Hanh gives a timely commentary based on his lived experience of guiding several generations of monastic and lay students on their path of practice. The text and commentary have been translated from Vietnamese into English by Bhikkhuni True Virtue (Sister Annabel Laly), Thich Nhat Hanh's first Western monastic disciple.

In Heart Jewel Gehe Kelang presents two essential practices of Kadampa Buddhism, the popular Mahayana Buddhist tradition that derives from the renowned Tibetan teacher Je Tsongkhapa. The first practice is relying upon a Spiritual Guide, which lays the foundation for gaining all the blessings and realizations of the paths to liberation and enlightenment. The second practice is relying upon and enlightened Dharma Protector, whereby we can swiftly overcome all obstacles to our spiritual practice and create favourable conditions for developing and increasing pure Dharma realizations. An invaluable introduction to the profound and dynamic tradition of Kadampa buddhism.

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.

Commentaries on the Prajñāpāramitā Heart Sutra

The Heart Sutra

A Story of Collective Awakening

Healing Meditations for Grief and Loss

Stepping into Freedom

Breathe, You Are Alive!

Plum Village Chanting and Recitation Book

In this comforting book that will offer relief to anyone moving through intense grief and loss, Zen Master Thich Nhat Hanh shares accessible, healing words of wisdom to transform our suffering. In the immediate aftermath of a loss, sometimes it is all we can do to keep breathing. With his signature clarity and compassion, Thich Nhat Hanh will guide you through the storm of emotions surrounding the death of a loved one. How To Live When A Loved One Dies offers powerful practices such as mindful breathing that will help you

reconcile with death and loss, feel connected to your loved one long after they have gone, and transform your grief into healing and joy.

The new standard work and definitive biography of Tsongkhapa, one of the principle founders of the Gelug school of Tibetan Buddhism—the school of the Dalai Lamas. In this groundbreaking addition to the Lives of the Masters series, Thupten Jinpa, a scholar-practitioner and long-time translator for His Holiness the Dalai Lama, offers the most comprehensive portrait available of Jé Tsongkhapa (1357–1419), one of the greatest Buddhist teachers in history. A devout monastic, Tsongkhapa took on the difficult task of locating and compiling all of the Indian Buddhist classics available in Tibet on his day. He brought his own knowledge into a holistic approach to the path of awakening. In an achievement of incredible magnitude, he integrated the pivotal yet disparate Mahayana teachings on emptiness while retaining the important role of critical reason and avoiding the extreme of negating the reality of the everyday world. Included in this volume is a discussion of Tsongkhapa's early life and training; his emergence as a precociously intelligent Buddhist mind; the composition of his Great Treatise on the Stages of the Path to Enlightenment; Great Exposition of Tantra, and many other important works; and his founding of the Lhasa Prayer Festival and Ganden Monastery. This is a necessary resource for anyone interested in Tsongkhapa's transformative effect on the understanding and practice of Buddhism in Tibet in his time and his continued influence today.

This collection comprises meditations, prayers and liturgies, both new and traditional, ranging from blessing a meal to remembering the dead. The book includes some of the Buddha's most popular teachings, among them new translations of the Heart Sutra and Discourse on Happiness.

The radical message of the Heart S'utra, one of Buddhism's most famous texts, is a sweeping attack on everything we hold most dear: our troubles, the world as we know it, even the teachings of the Buddha himself. Several of the Buddha's followers are said to have suffered heart attacks and died when they first heard its assertion of the basic groundlessness of our existence—hence the title of this book. Overcoming fear, the Buddha teaches, is not to be accomplished by shutting down or building walls around oneself, but instead by opening up to understand the illusory nature of everything we fear—including ourselves. In this book of teachings, Karl Brunnhözl guides practitioners through this 'crazy' sutra to the wisdom and compassion that lie at its core.

The Tibetan Book Of Living And Dying

One Teacher, Many Traditions

Our Appointment with Life

Pearl of Wisdom

Living in the Pure Land Here and Now

Modern Commentary on the Teachings of Master Linji

Discovering Spirit in Sound

The second volume in the revised edition of Chanting from the Heart, by Zen Master Thich Nhat Hanh and the monks and nuns of Plum Village, Volume II: Ceremonies and Practices in the Plum Village Tradition Vol. II: Ceremonies and Practices in the Plum Village Tradition is a collection of Buddhist ceremonies for all occasions and daily practices for meditation sessions as well as practices to accompany daily activities, such as gardening and cleaning, bringing mindfulness into everyday life. Developed by Thich Nhat Hanh and used regularly by the monks, nuns, and laypeople at the monasteries and retreat centers established by Thich Nhat Hanh, as well as by his thousands of lay students worldwide. The ceremonies section has been updated to containing only the texts necessary for the occasion at hand. This is the first major textual edits made to the material since the 2013 printing. There is also a glossary of Buddhist terms.

This Plum Village Chanting and Recitation Book is a most valuable resource for anyone interested in liturgy and everyone who just wants to celebrate life and practice the art of mindful living. It contains chants and recitations for daily spiritual practice and for such occasions as blessing a meal, celebrating a wedding, comforting the sick and remembering the deceased. Also included are more than twenty discourses comprising some of the most fundamental teachings of the Buddha and his enlightened students, including the Heart Sutra, The discourse on the Mindfulness of Breathing, the Discourse on Happiness, the Discourse on Taking Refuge in Oneself and the Discourse on Love. Many of the chants include sheet music. An unprecedented collection of traditional and contemporary Buddhist chants, recitations, and ceremonial texts for daily spiritual practice when first published in the Fall of 2000, this new paperback edition was completely revised in Plum Village, Thich Nhat Hanh's practice center in France. Plum Village Chanting and Recitation Book is the quintessential resource and reference book for Buddhist practitioners on any level of experience, and for anyone who wants to celebrate life and practice the art of mindful living.

Transformation and Healing presents one of the Buddha's most fundamental teachings and the foundation of all mindfulness practice. The Sutra on the Four Establishments of Mindfulness has been studied, practiced, and handed down with special care from generation to generation for 2,500 years. This sutra teaches us how to deal with anger and jealousy, to nurture the best qualities in our children, spouses, and friends, and to greet death with compassion and equanimity. Looks at the social and ethical dimensions of Zen Buddhism, including the enlightenment teachings of Shakyamuni, and an explanation of the three pure acts

Buddhist Ceremonies and Daily Practices

Awakening of the Heart

Chanting from the Heart

A Comprehensive Guide to the Classic of Mahayana Buddhism

A Contemplative Journey to Engaged Buddhism

Transformation and Healing

The Heart of Understanding

This is the ebook version of One Buddha Is Not Enough. How do we learn to believe in ourselves and not just rely on our spiritual teachers? Based on a retreat that Zen Master Thich Nhat Hanh organized but then couldn't attend, One Buddha Is Not Enough is a book on how to become your own teacher and create your own community where you might least expect it. It offers fresh and original insight from emerging Buddhist teachers on topics such as how to handle grief, strengthen our relationships with family and friends, deal with anger and other strong emotions, and find happiness in the present moment.

Thich Nhat Hanh's poems, calligraphies, and photographs. Thich Nhat Hanh shares his unique insights on illness, health, and different healing modalities. One Buddha Is Not Enough is a true expression of American Buddhism. We already contain all the insight and wisdom we need—and we're surrounded by the people who can help us on our journey. Sometimes all it takes is a wake-up call to remind us of what we are capable.

Awakening of the Heart is a comprehensive, single volume collection of the Buddha's key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to Happiness, the bestselling collection of meditation and mindful practices released in 2009. Awakening of the Heart captures the heart of Buddhist wisdom and Thich Nhat Hanh's unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and updated commentary, Awakening of the Heart contains the following sutras: Prajnaparamita Heart Sutra, Diamond Sutra, Sutra On Full Awareness Of Breathing, Sutra On The Four Establishments Of Mindfulness, Sutra On The Better Way To Catch A Snake, Sutra On The Better Way To Live Alone , Sutra On The Eight Realizations Of The Great Beings, Discourse On Happiness, Teachings On The Middle Way.

Fifty years ago Soka Gakkai was an organization of a few hundred people, all of them in Japan. Today it is one of the world's most rapidly expanding religious movements with members in virtually every country in Europe, the Americas, and Australasia, in most of Asia, and in several parts of Africa. It is also increasingly well publicized, sponsoring and promoting a variety of cultural and educational causes and establishing a high profile for itself in world affairs. All of this has created a movement which is a significant social phenomenon; yet to date Soka Gakkai has received little attention from Western academics. Bryan Wilson and Karel Dobbelaere draw on their thorough survey of the UK membership to trace the source of the movement's attraction and analyse its potential. They also carried out some thirty interviews with members, whom they encouraged to tell their story in their own way. As the decline in belief in an anthropomorphic deity, the sense that traditional religious institutions have become hollow, and the emphasis on the private nature of belief and on personal autonomy become characteristic features of contemporary western values, Wilson and Dobbelaere suggest that Soka Gakkai has found a ready resonance with these changing currents of thought in contemporary society. They conclude that Soka Gakkai's appeal to young people in particular makes it a faith whose time may have come. Reviews of the Hardback: "Although the authors have clearly aimed this work primarily at an academic readership, there is a great deal more material in it that Buddhists of any persuasion are likely to find stimulating as well as providing food for thought ... The book is well-researched, gives a clear and unbiased view of the movement under scrutiny, and, not least, is very readable." Golden Drum "Valuable and lively for what it is: a useful look at a Western Buddhist's ... and a convincing take on alternative religion from a perspective pessimistic about mainline religion in contemporary society." The Journal of Religion

25th Anniversary Edition Over 3 Million Copies Sold! "I couldn't give this book a higher recommendation!" BILLY CONNOLLY Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition. It includes not only a lucid, inspiring and complete introduction to the practice of meditation, but also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of people'.

The Heart of Being

Zen Battles

Heart Jewel

A New Commentary on the Heart Sutra

An Introduction to Buddhist Monastic Training

The Soka Gakkai Buddhists in Britain

A Practical Introduction to Eight Essential Zen Chants and Texts

Buddhist sacred text used for daily recitations.

The whole world has fallen in love with this international bestseller - hundreds of thousands of copies have been sold across 25 countries. Now it's Australia's turn to rediscover this jewel of a book on mindfulness. In times of uncertainty, words of comfort are essential, and the stunning overseas sales of this title are testament to its universal appeal. These modern tales of hope, forgiveness, freedom from fear and overcoming pain cleverly relate the timeless wisdom of the Buddha's teachings and the path to true happiness in a warm and accessible way. Ajahn Brahm was born and raised in the West and in his more than thirty years as a Buddhist monk he has gathered many poignant, funny and profound stories. He has tremendous ability to filter these stories through the Buddha's teaching so that they can have meaning for all sorts of readers. There are many thousands of Australians who don't even know they need this book yet, but who will no doubt embrace it just as overseas readers have. It is the perfect gift book as there is truly something in it for everyone. Ajahn Brahm is the Sainfield of Buddhism - Sumi Loundon, editor of Blue Jean Buddha: Voices of Young Buddhists and The Buddha's Apprentices

For many of us, feelings of deficiency are right around the corner. It doesn't take much—just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work—to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from Radical Acceptance "Believing that something is wrong with us is a deep and tenacious suffering," says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. Radical Acceptance offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of Radical Acceptance. Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

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.

Finding Our True Home

A Heart Full of Peace

Plum Village Chanting Book

A Buddha in the Land of Snows

Zen Chants

How to Live When a Loved One Dies

Radical Acceptance

With poetry and clarity, Thich Nhat Hanh imparts comforting wisdom about the nature of suffering and its role in creating compassion, love, and joy – all qualities of enlightenment. "Thich Nhat Hanh shows us the connection between personal, inner peace, and peace on earth."—His Holiness the Dalai Lama In The Heart of the Buddha's Teaching, now revised with added material and new insights, Nhat Hanh introduces us to the core teachings of Buddhism and shows us that the Buddha's teachings are accessible and applicable to our daily lives. Covering such significant teachings as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening, The Heart of the Buddha's Teaching is a radiant beacon on Buddhist thought for the initiated and uninitiated alike.

Including details about chanting's history and traditions as well as new scientific findings about the many medical benefits of humming and vibration, this guide to vocal meditation provides readers with easy instructions, breathing techniques, and tips on how to create unique, personal chants. Reprint.

A Zen chant is like a compass that sets us in the direction of the awakened life; it is the dynamic, audible counterpart to the silent practice of zazen, or sitting meditation; and it is a powerful expression of the fact that practice happens in community. Here is a concise guide to Zen chants for practitioners, as well as for anyone who appreciates the beauty and profundity of the poetry in dharma. An introduction to the practice is followed by fresh and carefully considered translations and adaptations of thirty-five chants—some common and others less well known—along with illuminating commentary.

The Bells of Mindfulness is part of the Parallax Press Moments series of short ebooks. Thich Nhat Hanh presents a dramatic vision of the future of our planet, a call for environmental awareness, and Buddhist teachings on interconnectedness. Ultimately, Nhat Hanh believes that engaging with the world is the key to our individual and collective survival. Selected from his best-selling title The World We Have.

Peaceful Action, Open Heart

Transforming Suffering into Peace, Joy, and Liberation

Buddhist Prayers and Practices

Tsongkhapa

A Spiritual Classic from One of the Foremost Interpreters of Tibetan Buddhism to the West

Making Saints in Modern China

Chanting from the Heart Vol I

An illuminating in-depth study of one of the most well-known and recited Buddhist texts, by a renowned modern translator The Prajna Paramita Hridaya Sutra is among the best known of all the Buddhist scriptures. Chanted daily by many Zen practitioners, it is also studied extensively in the Tibetan tradition, and it has been regarded with interest more recently in the West in various fields of study—from philosophy to quantum physics. In just a few lines, it expresses the truth of impermanence and the release of suffering that results from the understanding of that truth with a breathtaking economy of language. Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then analyzes it line by line in its various forms (Sanskrit, Chinese, Japanese, Korean, Tibetan, Mongolian, and various key English translations), providing a deeper understanding of the history and etymology of the elusive words than is generally available to the non-specialist—yet with a clear emphasis on the relevance of the text to practice. This book includes a fresh and meticulous new translation of the text by the author and Roshi Joan Halifax.

Here are practice poems, novice precepts, and "Mindful Manners" on how to be a Buddhist monk and nun in the Plum Village tradition. With inspiration for every step in the monastic timetable from "Waking Up" and "Taking the First Steps of the Day" to "Lighting a Candle" in the evening, this book was originally compiled for novices who are still learning how to practice mindfulness in daily life. Thus it is perfect for beginners in mindfulness who wish to make progress in their practice at home, for young people considering a life in a spiritual community, and especially for followers of Thich Nhat Hanh who wish to deepen their understanding of the monastic way of life today.

Living by Vow

Thirty-Five Essential Texts with Commentary

Buddhist Pali Chants

True Love

The Heart Attack Sutra