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Titolo	Breathe, you are alive! [[electronic resource] ] : the sutra on the full awareness of breathing / / Thich Nhat Hanh
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Nota di contenuto	Title Page; Breathe, You Are Alive!; Introduction; Sutra on the Full Awareness of Breathing; CHAPTER ONE - Exploring the Sutra; CHAPTER TWO - Seven Ways to Practice; CHAPTER THREE - Breathing Practices; APPENDIX ONE - Anapananusmriti Sutras; APPENDIX TWO - A Point of View on the Practice; APPENDIX THREE - A Brief History; Notes; Copyright Page
Sommario/riassunto	According to the Buddha's teaching in 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 16 exercises of conscious breathing that were taught by the Buddha, together with commentaries and further exercises for practicing them every day and in any situation. Thich Nhat Hanh's insights and explanation give the reader access to the profound nurturance available when we slow down and get in touch with our in-breath and out-breath. He walks the reader