

1. Record Nr.	UNINA9910781012503321
Autore	Nhat Hanh, Thich
Titolo	Touching the earth : 46 guided meditations for mindfulness practice // Thich Nhat Hanh
Pubbl/distr/stampa	Berkeley, Calif. : , : Parallax Press, , 2008 ©2008
ISBN	1-935209-19-1
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (vii, 151 pages)
Disciplina	294.3/4432
Soggetti	Buddhist meditations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previously published: 2004.
Nota di contenuto	Table of Contents; Introduction:The Practice of Beginning Anew; How to Use This Book; Guided Meditations for Touching the Earth; 1. Visualizing the World-Honored Buddha; 2. The Buddha and the Original Sangha; 3. Outer Forms; 4. True Happiness; 5. Impermanence and Interbeing; 6. Everything Is Manifestation; 7. Living in the Present; 8. Nourishing Love and Understanding; 9. Cultivating Mindfulness; 10. Healing Past Suffering; 11. Nourishing Our Ancestors and Descendants; 12. Living Deeply; 13. Recognizing Feelings and Emotions; 14. Reestablishing Communication; 15. Walking in Freedom 16. Mindful Walking 17. Sitting Like the Buddha; 18. Right Speech; 19. Listening Deeply; 20. Mindful Speech; 21. Harmonious Speech; 22. Expressing Gratitude; 23. Mindful Consumption; 24. Eating Organically; 25. Eating with Gratitude; 26. Mindful Eating; 27. Mindfulness in Daily Life; 28. Cooking with Mindfulness; 29. Right Livelihood; 30. Mindful Sexuality; 31. Healing Old Sexual Energy; 32. Transforming Sexual Misconduct; 33. Sexual Responsibility; 34. Faith and Right Energy; 35. How to Study; 36. Studying with Purpose; 37. Living in the Buddha's House; 38. Protecting the Earth 39. Oneness with the Earth 40. Rescuing All Beings; 41. The Earth as a Solid Place of Refuge; 42. Encouragement on the Path; 43. The River of Life; 44. Oneness with All Beings; 45. Limitless Life; 46. Riding the Waves of Birth and Death; Three Touching the Earth Ceremonies for Beginning Anew; Ceremony 1; Ceremony 2; Ceremony 3; Glossary;

Sommario/riassunto

Written as a poetic conversation with the Buddha, this step-by-step guide to the transformative practice of "Beginning Anew" helps readers renew faith, rediscover joy, and remove obstacles caused by past wrongdoings. Based on the loving kindness and compassion meditation of the Lotus Sutra, it contains over 40 guided meditations that can be practiced alone or with others. In its original edition, *Touching the Earth* has been one of the author's most popular titles. This new edition makes the exercises more accessible to those new to mindfulness practice.
