1. Record Nr. UNINA9910781012703321 Autore Nhat Hanh, Thich Titolo For a future to be possible / / Thich Nhat Hanh Pubbl/distr/stampa Berkeley, CA:,: Parallax Press,, 2007 ©2007 **ISBN** 1-935209-27-2 Descrizione fisica 1 online resource (xi, 147 pages) 294.3/444 Disciplina Soggetti Five Precepts (Buddhism) Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Previously published: 1998. ""Contents""; ""Foreword: The Road Is Your Footsteps""; ""Introduction""; Nota di contenuto ""The Five Mindfulness Trainings""; ""The First Mindfulness Training""; ""The Second Mindfulness Training""; ""The Third Mindfulness Training""; ""The Fourth Mindfulness Training""; ""The Fifth Mindfulness Training""; ""The Three Jewels""; ""Afterword Happiness Comes from the Heart""; ""Appendix 1 Frequently Asked Questions""; ""Appendix 2 The Five Mindfulness Trainings Ceremonies"" Sommario/riassunto The Five Mindfulness Trainings - to not kill, steal, commit adultery, lie, or take intoxicants - are the basic statement of ethics and morality in Buddhism. In this fully revised edition, Zen master and peace activist Thich Nhat Hanh argues eloquently for their universal applicability in daily situations. Nhat Hanh discusses in depth the value and meaning of each precept, offering insights into the roles that they could play in our changing society. In a world marked by moral and spiritual emptiness, he says, The Five Mindfulness Trainings offer a path to the restoration of meaning and value. The author calls the trainings a "diet for a mindful society" that transcends sectarian boundaries, and he presents simple yet powerful ways that people can come together around them to explore and sustain a sane, compassionate, and

healthy way of living.