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Nota di contenuto	Table of Contents; Preface; Introduction: Precepts Are Mindfulness; Recitation Ceremony of the Bhikshu Precepts; Recitation Ceremony of the Bhikshuni Precepts; Sangha Restoration Offenses :Methods for Practicing Dwelling Apart, Beginning Anew, and Purifying the Offense; Release and Expression of Regret Offense:Methods for Practicing Expressing Regret and BeginningAnew to be made before the whole Sangha or before threeor two bhikshus representing the whole Sangha; Conclusion: Step by Step
Sommario/riassunto	Freedom Wherever We Go takes the centuries-old Buddhist monastic guidelines of conduct (Pratimoksha) and updates them for the twenty-first century. "The Buddha," Thich Nhat Hanh says, "needs courageous disciples to make this revolutionary step." The Pratimoksha can be seen as the Buddhist equivalent to the rules of St. Benedict. Each rule has mindfulness as its foundation. Reading the revised Pratimoksha allows lay practitioners to understand the monastic codes of conduct as well as the monastic lifestyle.