

You Are Here Discovering The Magic Of Present Moment Thich Nhat Hanh

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5.0 out of 5 stars You Are Here: Discovering the Magic of the Present Moment. Reviewed in the United Kingdom on February 27, 2014. Verified Purchase. This is a beautiful book. So small and yet so profound! I love it! The way the author describes the simplicity of how to enter the present moment, mindfulness and mediation is simply wonderful.

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You Are Here: Discovering the Magic of the Present Moment. In this book Thich Nhat Hanh, the renowned Zen monk, author, and meditation master, distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. "Mindfulness is not an evasion or an escape," he explains.

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We have to be here for ourselves, we have to be here for the people we love, we have to be here for life with all its wonders. The message of our Buddhist practice is simple and clear: "I am here for you." In our daily life, we are often lost in thoughts. We get lost in regrets about the past and fears about the future.

You Are Here: Discovering the Magic of the Present Moment ...

You are Here: Discovering the Magic of the Present Moment Thich Nhat Hanh [Shambhala, 143 pages] Thich Nhat Hanh is a world-renowned Vietnamese Zen Buddhist monk, teacher, author, poet and peace activist, whose straightforward writing style is as simplistic as it is profound.

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This moment is the gateway to enlightenment. It is the only moment we have to be joyful, mindful, and awake. The key is to be there for yourself—to learn to be fully present in your life. This, Thich Nhat Hanh explains, is the heart of Buddhist p

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You Are Here: Discovering the Magic of the Present Moment also contains helpful and wise teachings on cultivating true love, the art of letting go, the practice of shining light, weathering emotional storms, understanding the three dharma seals (impermanence, non-self, and Nirvana), and becoming truly alive. Thich Nhat Hanh, as always, gives us plenty of practices to use in daily life.

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You Are Here: Discovering The Magic Of The Present Moment PDF. In this book Thich Nhat Hanh, the renowned Zen monk, author, and meditation master, distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. "Mindfulness is not an evasion or an escape," he explains. "It means being here, present, and totally alive.

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