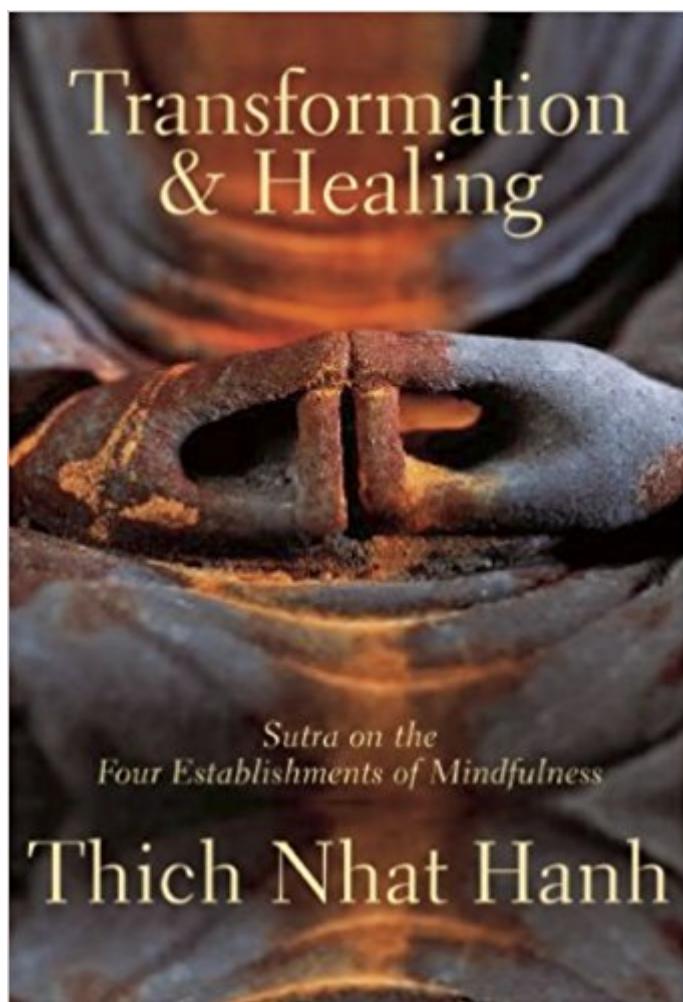


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# Transformation And Healing: Sutra On The Four Establishments Of Mindfulness



## **Synopsis**

The teachings contained in this The Sutra on the Four Establishments of Mindfulness are fundamental to the practice of mediation, and constitute the foundation of all mindfulness practice. The Sutra has been studied, practiced and handed down with special care from generation to generation for 2,500 years. In his commentaries Thich Nhat Hanh guides the reader to an understanding of the fundamental basis of the Buddhist practice and encourages application in daily life. It describes the four methods of mindfulness: mindfulness of the body, the feelings, the mind, and the object of mind. It teaches how to deal with anger and jealousy, to nurture the best qualities in our children, spouse, and friends, and to greet death with compassion and equanimity. Three versions of the Sutra on the Four Establishments of Mindfulness are presented here, along with Thich Nhat Hanh's insightful commentary and twenty-three exercises-or contemplations-to aid in the practice of mindfulness in daily life. Thich Nhat Hanh's presentation of the sutra is easy to follow making it accessible for novice Buddhist as well as more advanced practitioners. It gives you the basics of breathing and how to use your breathing for meditation and contemplation. With a new introduction by Thich Nhat Hanh.

## **Book Information**

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## **Customer Reviews**

Text: English (translation) Original Language: Vietnamese --This text refers to an out of print or unavailable edition of this title.

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he teaches the art of mindful living.

This Sutra is vital to anyone wanting to understand how to follow the path of Buddhism. As Thich Nhat Hahn states in the commentary, "This Sutra has been handed down and practiced for over 2500 years. Just reading through the Sutra itself, before reading the commentary, you can see that mindfulness needs to be a part of every aspect of your life from seated meditation, to walking, sitting, smelling, tasting, hearing, touching, and everything you do. Then Thich Nhat Hahn proceeds to succinctly and simply explain the Sutra in a scholarly way and with the voice of a Bodhisattva, clearly and simply breaking it down, explaining what each section means and gives you exercises for how to practice what you are learning. This Sutra is on a par with the Diamond Sutra and Heart Sutra, in terms of its profundity and importance for learning how to follow Buddhism. Thich Nhat Hahn lays this book out in such a way that it is easy to follow, easy to read, and helps you not to be overwhelmed with the vast amount of information and instruction this Sutra discusses.

Thich Nhat Hanh's structure of how he presents and reviews the suttas of the Pali canon is very easy to follow and broken down into manageable portions. For a novice Buddhist like myself, I find this format very helpful. So many other discussions on the suttas make my head spin! In this text, as in others, the sutta in its entirety is presented in the Theravada translation. He then follows this with a section by section explanation of what the sutta means and how to apply it. The last sections of the book include other translations of the sutta, which are quite interesting because you see how these translations change sometimes the meaning of the sutta. This book is very helpful for beginning meditators as well because it gives you the basics of breathing and how to use your breathing for meditation and contemplation. Once you master one step, the sutta provides you with the next step to take. I am so happy I have found this and the other books by Thich Nhat Hahn. My life is already the better for it.

Going through a challenging time in my life, I've already read this book 5 times and will read it again. It has been immensely helpful.

This is the author's presentation of the Satipatthana Sutra, the basic sutra on mindfulness. As in all of his works he does the work of a good Dharma teacher very well. He keeps his own personality

and teaching idiosyncrasies out of the way so that the student's understanding can arise naturally. There are more elaborate and academic descriptions of the Sutra available and more detailed descriptions of how to use the Sutra in meditation. But this is good basic information presented in a good manner with no frills or personal quirks. The author gives a good commentary on the Sutra and explains why he translates certain passages, but he also gives the alternate interpretations. This is a fine basic introduction to the central issue in Vipassana meditation. Highly recommended.

A deep teaching on mindfulness from Zen master Thich Nhat Hanh, which illuminates this practice as the heart of Buddhism, practiced in still meditation and all the rest of life. As always, Thich Nhat Hanh writes for all walks of life. You need not be a Buddhist per se to take away great wisdom from his words.

Anything by this author/spiritual leader is worthwhile.

No one explains the essential elements of Buddhism better Thich Nhat Hanh. Here he continues to examine the basic teachings of meditation as taught by the Buddha and handed down through the Pali Canon. A perfect companion to his book, *Breathe! You Are Alive*, this work carefully explains for both the novice and more experienced practitioner the nuances of deeper meditation techniques as laid out in the *Satipatthana Sutta*. Thich Nhat Hanh writes with clarity and makes the joy of meditation accessible to everyone with the desire to find true happiness.

Very intriguing book. Slow, several reads advised.

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