



Walking Meditation

Nguyen Anh-Huong, Thich Nhat Hanh

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What if every step you took deepened your connection with all of life and imprinted peace, joy, and serenity on the earth? With *Walking Meditation*, you will enjoy the first in-depth instructional program in this serene spiritual practice to help you walk with presence and peace of mind whether in nature or on a busy city street.

Walking Meditation features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, as they together illuminate the central tenets of this powerful art, including:

- How to recognize the miracle in simply walking—not as a means to an end, but as the opportunity to touch the fullness of life
- Reversing habit energy through the unification of body and mind
- Using walking meditation to work with difficult emotions such as anger and anxiety, and much more

There is a Buddhist concept known as *Apranihita*, or the spirit of wishlessness, in which one neither pursues desires nor flees from discomforts. With *Walking Meditation*, practitioners from every spiritual tradition will rediscover our home in the here and now, as the long road we all must walk turns to quiet joy.

NOTE: The ebook does not contain the spoken-word audio or DVD component included in the original printed edition.

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Benita Eldridge:

People live in this new time of lifestyle always try to and must have the spare time or they will get lots of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not a robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, often the book you have read is definitely Walking Meditation.

Detra Satterwhite:

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Walking Meditation, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its identified as reading friends.

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