

# How To Sit Thich Nhat Hanh

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This time Nhat Hanh offers clear, simple directions for anyone wanting to explore mindfulness meditation and guided breathing exercises and visualizations. How To Sit is pocket-sized, with original illustrations by California artist, Jason DeAntonis.

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The sound of a bell is a wonderful way to begin sitting meditation. If you don't have a bell you can download a recording of the sound of a bell onto your phone or computer. When you sit, keep your spinal column quite straight, while allowing your body to be relaxed.

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"Sitting meditation is a way to practice letting go of the things we carry needlessly. These things are nothing but obstacles to our happiness. Ease in our sitting and ease in our breathing nourishes the body and mind." — Thich Nhat Hanh, How to Sit

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We need people who can sit still and be able to smile, who can walk peacefully. We need people like that in order to save us. ... Hi there :), I love the Buddhist philosophy by Thich Nhat Hanh and I've been personally studying his work and other Buddhist pioneers in this modern world and I absolutely love it and live it!

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The first book in the Mindfulness Essentials Series by Zen Master

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Paperback / softback. New. How to Sit is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

## **How To Sit by Hanh, Thich Nhat**

Thích Nhất Hạnh (/ ' t i k ' n j ʌ t ' h ʌ n /; Vietnamese: [tʰi̯k̚ n̚ət̚ h̚əŋ̚] (); born as Nguyễn Xuân Bảo on October 11, 1926) is a Vietnamese Thiền Buddhist monk, peace activist, and founder of the Plum Village Tradition.. Thích Nhất Hạnh spent most of his later life residing at the Plum Village Monastery in southwest France, travelling internationally to ...

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