

The Heart Of Buddhas Teaching Transforming Suffering Into Peace Joy And Liberation Thich Nhat Hanh

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Entering the Heart of the Buddha Buddha was not a god. He was a human being like you and me, and he suffered just as we do. If we go to the Buddha with our hearts open, he will look at us, his eyes filled with compassion, and say, "Because there is suffering in your heart, it is possible for you to enter my heart." The layman Vimalakirti said, "Because the

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at the heart of buddha's teaching, it is the energy that brings us back to the present moment. to cultivate mindfulness in ourselves is to cultivate the buddha within. accepts everything without judging or reacting, it is inclusive and loving. when we practice right mindfulness, we touch the healing and refreshing elements of life and begin to transform our own suffering and the suffering of the world.

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In The Heart of the Buddha's Teaching, Thich Nhat Hanh brings his gift of clear and poetic expression to an explanation of the Four Noble Truths, the Noble Eightfold Path, and other basic Buddhist teachings. Thich Nhat Hanh's extraordinary contribution to Buddhism and to life is the way he makes these teachings and practices accessible to everyone, showing us how the very suffering that is holding us down can be the path to our liberation.

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