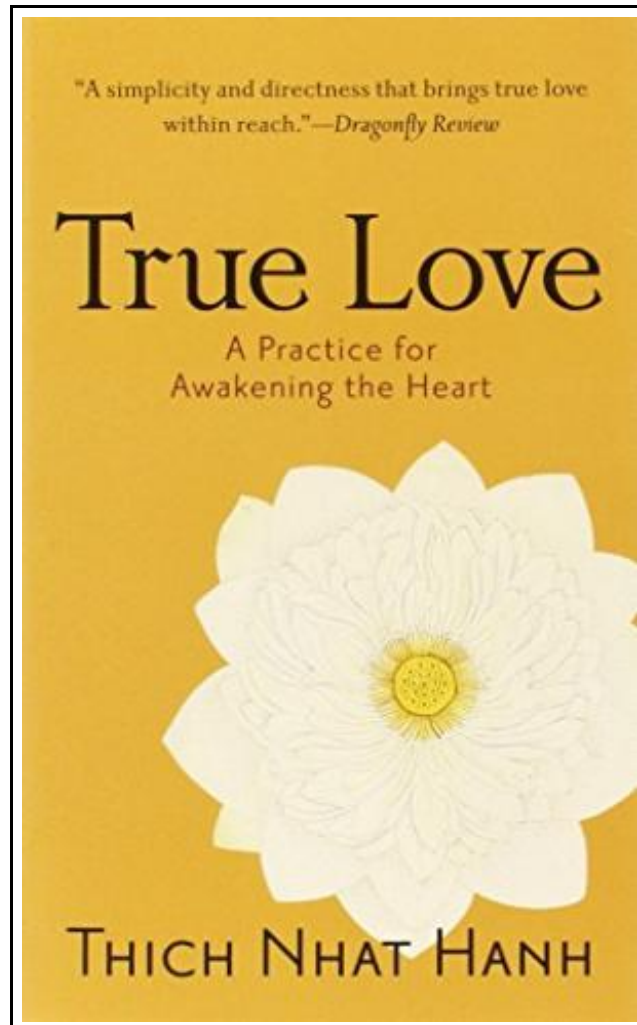


True Love: A Practice for Awakening the Heart (New edition)



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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.
(Emmett Mann)

TRUE LOVE: A PRACTICE FOR AWAKENING THE HEART (NEW EDITION)



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Shambhala Publications Inc. Paperback. Book Condition: new. BRAND NEW, True Love: A Practice for Awakening the Heart (New edition), Thich Nhat Hanh, In this little treasure, Thich Nhat Hanh offers us a Buddhist view of love along with techniques for manifesting it in our daily lives. In his characteristically direct, simple, and sweet style, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom. In "True Love", Thich Nhat Hanh explains that in order to love in a real way, we need to learn how to be fully present in our lives. Toward that end, he offers the technique of conscious breathing as a way of synchronizing the mind and the body and establishing the conditions for love. He goes on to offer a mantra practice for cultivating real love that consists of expressing four key statements or intentions in our relationships. In the concluding section of the book, Thich Nhat Hanh explains how we can bring love to bear on our own pain, fear, and negativity. He explains that we must not regard these things as bad and repress them. We must recognize them as part of us and allow them into our consciousness, where they can be cared for by the loving mother of mindfulness.



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