



Touching the Earth: 46 Guided Meditations for Mindfulness Practice

By *Thich Nhat Hanh*



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The Best Buddhist Writing 2005. Shambhala Sun " Touching the Earth has the capacity to awaken us to the nature of reality, to transform us, to purify us, and to restore joy and vitality to our life. As soon as we begin to practice, we can taste the benefits." Thich Nhat Hanh Touching the Earth is a guide to one of Thich Nhat Hanh's most popular and transformative practices. Written as 46 short conversations with the Buddha, this practice, called Beginning Anew, has the capacity to remove obstacles brought about by past wrongdoings and to bring back the joy of being alive. It presents an opportunity to heal our relationships and to embrace our ancestors and ourselves.

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About the Author

Thich Nhat Hanh is a Vietnamese Buddhist monk. His life long efforts to generate peace and reconciliation moved Martin Luther King, Jr. to nominate him for the Nobel Peace Prize in 1967. He is the founder of Van Hanh Buddhist University in Saigon, and has taught at Columbia University and the Sorbonne. He is the author of Being Peace, The Miracle of Mindfulness, Peace Is Every Step, and 75 other books.

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