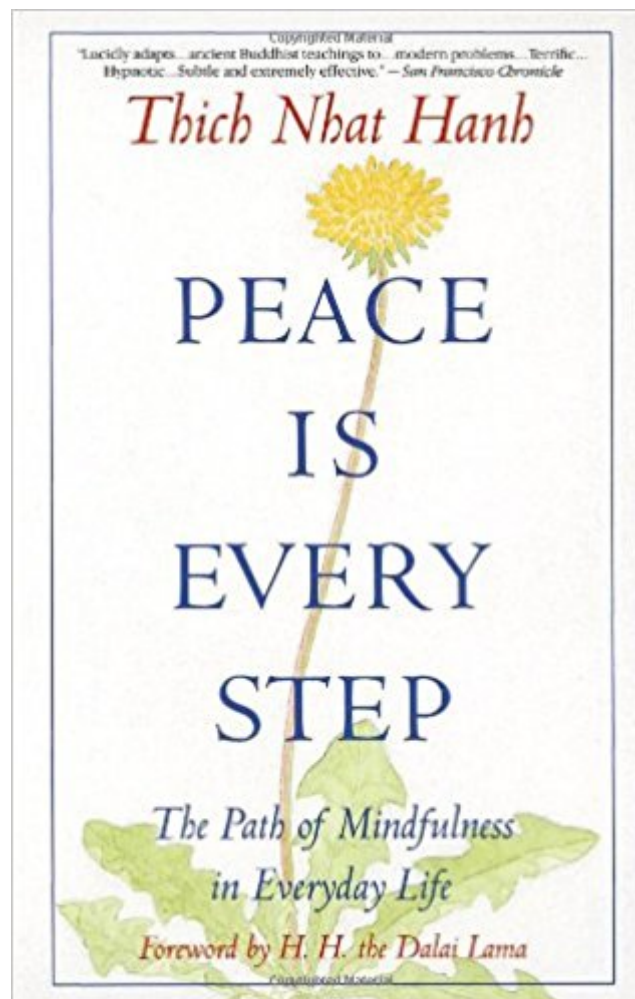




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Peace Is Every Step: The Path Of Mindfulness In Everyday Life



Synopsis

In the rush of modern life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to "mindfulness"—the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now. Lucidly and beautifully written, *Peace Is Every Step* contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is—in the kitchen, office, driving a car, walking a path—and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace. Nhat Hanh also shows how to be aware of relationships with others and of the world around us, its beauty and also its pollution and injustices. The deceptively simple practices of *Peace Is Every Step* encourage the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the "mindless" into the mindFUL.

Book Information

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Customer Reviews

Peace is not external, so we do not need to chase it. Peace is already present but we have to get in

touch with it. This is attained through mindfulness: living in the present moment, in the here and now. Thich Nhat Hanh, Zen master and spiritual leader teaches mindfulness through conscious breathing and smiling. Connecting the body and mind, to find peace and happiness even in the most unlikely situations. Breathing and smiling! Is that it? You may be as skeptical as I was before practicing this exercise: breathe in, while reciting "breathing in I calm my body" then breathe out while smiling and reciting "breathing out I smile" do this three times! This is a very easy yet very effective exercise, do this often enough, in any position at any time (sitting, lying, driving, walking, before you eat, before you wash the dishes, when you hear the phone ring....) and enjoy being calm, relaxed and peaceful. The author teaches us to be mindful of the people in our life, of the food we eat and of the environment around us.... Turn off the TV and instead walk in the park, visit a good friend, sit down for a meal with family or friends or even by yourself but before you dig in, breath smile, appreciate the food on the table, then eat mindfully, be aware of the taste, the smell, the texture, even if its only a bowl of rice, be happy, be thankful. He also teaches how to transform unpleasant feelings like anger for example into something more wholesome like understanding, using a 5-step method. By practicing understanding and loving speech instead of blaming and arguing we can help each other be happy. By knowing the true nature, the essence of the people around us we can enjoy each other. Mindfulness should lead to proactivity.

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