



Buddha Mind, Buddha Body: Walking Toward Enlightenment

Thich Nhat Hanh

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Buddha Mind, Buddha Body expands upon the themes in Thich Nhat Hanh's book *Understanding Our Mind*. It opens with the question: Is free will possible? This concept becomes a leitmotif as the author considers how the mind functions and how we can work with it to cultivate more freedom and understanding, how to be in closer touch with reality, and how to create the conditions for our own happiness. Nhat Hanh discusses the connection between psychology, neuroscience, and meditation. He describes the importance of creativity and visualization in a successful meditation practice, presents basic Buddhist practices (particularly walking and sitting meditation), and writes movingly about the importance of brotherhood and sisterhood in finding love, happiness, and harmonious coexistence with others. Punctuated with memorable stories from the life of the Buddha as well as anecdotes and observations from his own life, *Buddha Mind, Buddha Body* conveys powerful life lessons in Nhat Hanh's characteristically light, humorous style.

Buddha Mind, Buddha Body: Walking Toward Enlightenment Details

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Author : Thich Nhat Hanh

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From Reader Review Buddha Mind, Buddha Body: Walking Toward Enlightenment for online ebook

Walter Burton says

Great follow up to Understanding the Mind. Provides summary of concept and application to follow.

Ashley says

I once read a review of another book by Thich Nhat Hanh that claimed that, although the book was beautiful and helpful, most books by Thay were, in essence, the same ideas repackaged over and over again. I would argue that that is NOT the case with this book. Buddha Mind, Buddha Body delves much deeper than any others I have read by Thay into Buddhist psychology. As usual, Thay writes with poetic language and expresses advanced concepts with apt metaphors that make it easier for the lay person to grasp. I have to admit, Ithoufh, I think I will set it aside to re-read in a few months to try again to grasp some of the more challenging concepts.

Dona says

Thich Nhat Hanh deserves the many accolades that he receives. This book delivered what its blurb promised. "Buddha Mind, Buddha Body emphasizes the importance of creativity, visualization, and meditation, and offers concrete exercises to improve mental clarity and restore our mind/body harmony."

Srijal Sahu says

Wisdom is inside you. All you gotta do is look in. The concepts of the book are difficult to understand for someone who hasn't stepped in spirituality yet. But once you start understanding what thich Nath Hanh is up to, you will just be mesmerized.

Gnuvolante says

La saggezza orientale sta nella semplicità e nell'applicabilità dei concetti espressi a tutti gli ambiti della vita e questa opera traspira saggezza orientale, ed il linguaggio con il quale è scritto è così diretto e allo stesso tempo illuminante che farne una recensione, anche una semplice sinossi, diventa difficile, infatti io non credo di essere in grado di fare tanto; è la forza della semplicità, non è facile riassumere qualcosa che è già così semplice e diretto.

I concetti accademici affrontati, come le manifestazioni mentali, la coscienza, la consapevolezza e l'attenzione, sono spiegati nel dettaglio ma la bravura dell'autore sta nell'esplicarli con esmepi semplici ed emblematici e la comprensione di questi è assicurata dalle esercitazioni pratiche suggerite alla fine dell'opera.

Msattana says

Pencerahan sejati

Mike Minervini says

be mindful every moment

Craig Kissho says

I have to admit that perhaps, master thich does not write well

Christine Beevis Trickett says

So much here to absorb...Only beginning to scratch the surface of what he writes about. Learning to live more mindfully, with more compassion, gratitude and presence. We all have the Buddha within us and can walk in his footsteps. We can all live as though every moment is a miracle

.

The concepts of non-self and inter-being are probably the ones I'm most struggling with, in my western-educated mind...

Kristine says

This book lacks clarity and relies too heavily on metaphors and persistent examples that are distracting to the reader. The phraseology within the text of this book is so convoluted that the concepts being discussed become mired and are difficult to discern.

The editors of this book have failed the author and the reader.

Darmendra says

step by step to peaceful

Marianne says

Wave metaphor is the most compelling concept so far.

Belle says

This book is really engaging and really got me interested in the ideas of Buddhism. Thich Nhat Hanh seems like a great teacher who is very thoughtful. The ideas and metaphors are completely fascinating and make you consider things in a way that you probably never would have otherwise.

Tushar says

Good, my 2nd read on this topic and some more morals learnt, the religion unlike others turns out to be more practical and real. Waiting for my next book ie Confessions of a buddhist atheist which will further set the course of my study on this amazing topic.

Steve says

Here's my review from Wildmind:

Thich Nhat Hanh's Buddha Mind, Buddha Body: Walking Toward Enlightenment offers instructions on dwelling in the body and mind, on metta (or universal lovingkindness), and on Thich Nhat Hanh's distinctive teaching on "interbeing." The book includes—as bookends, teachings on walking meditation—but many other practices are discussed in between. The book is in fact quite a collection of Dharma teachings.

Buddha Mind, Buddha Body is based on The Verses on the Characteristics of the Eight Consciousnesses by Master Hsuan-Tsang (ca. 596-664), though the connection to that text is not readily apparent, and nowhere does the author explicitly state he's discussing Hsuan-Tsang's work.

Sometimes Thich Nhat Hanh's explanations neatly encapsulate major struggles from my own practice and remind me of why I seek the freedom that mindfulness brings:

"Dispersion is when you allow yourself to be carried away by emotions. When we feel out of control of our lives, as if we don't have any sovereignty, that's mind consciousness in dispersion. You think and speak and do things that you cannot control. We don't want to be full of hate and anger and discrimination, but sometimes the habit energy feels so strong we don't know how to change it. There's no loving kindness, understanding, or compassion in your thinking, because you are less than your better self ... you say things and do thing you wouldn't say or do if you were concentrated. You lose your sovereignty." (page 77)

In these flashes of clarity, I wonder: where did this guy come from? Who is he? Thich Nhat Hanh started practicing when he was 16 in Vietnam, in a tradition that draws heavily from Zen, although Thich Nhat Hanh seems to value the whole Buddhist tradition.

Conditionality is a key idea in Buddhism, and is always present in one form or another in this book, mostly in his emphasis on "interbeing." Conditionality is the idea that we, and everything, are predicated on conditions. Being separate is a mistake and a delusion.

I found the lack of footnotes confusing. I like a Dharma book that notes exactly where a particular story comes from in the vast tradition, so I can look it up and reinforce what I'm learning, or see if I agree with an author's interpretation of a text.

Also his translations are sometimes different from standard definitions. Instead of the usual translation of "patience" for kshanti, he translates it as "inclusiveness." He likens it more to growing larger, so that little things do not bug you. He translates sila as "mindfulness", though usually it's considered "ethics." Not that ethics doesn't require mindfulness, but we have the tradition of the precepts to guide us here. Virya isn't translated as "energy" but "diligence."

Thich Nhat Hanh uses the language of theism when he says, "a kingdom of God or Pure Land." This language might be helpful to some, and unhelpful to others. It's pretty clear that the Buddha said questions about God's existence, is not pragmatic on the path to Enlightenment, it's a red herring. But Buddhism isn't a stickler for dogma. What ever practically helps you on the path to enlightenment. If thoughts of god help you, then well it doesn't matter what the Buddha said. Of course because the Buddha has said something, according to the tradition, there's a good reason to look into it and take it seriously.

The last chapter of the book is a guided walking meditation, derived from past books, and then there are appendices, which leads to a clunky kind of ending, a mishmash of information that is not well strung together. Nevertheless, I enjoyed reading the book over all, and look forward to reading more from him. He's clearly a spiritual genius, a star Buddhist in a great sky of wonderful Buddhist stars, and well worth your notice.
