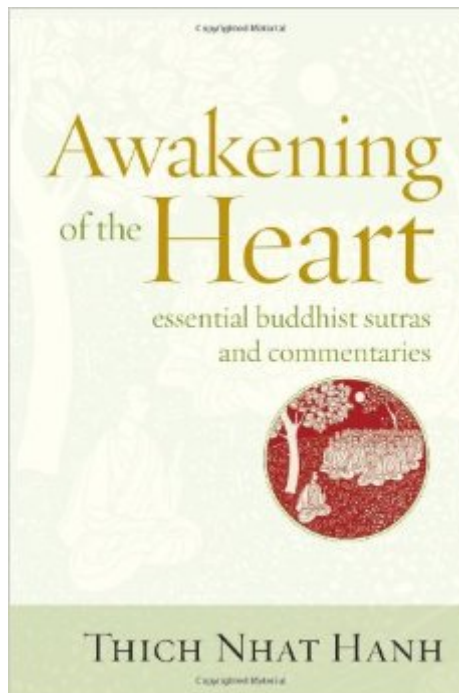


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# Awakening Of The Heart: Essential Buddhist Sutras And Commentaries



## Synopsis

Awakening of the Heart is a comprehensive, single volume collection of the Buddha's key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to Happiness, the bestselling collection of meditation and mindful practices released in 2009. Awakening of the Heart captures the heart of Buddhist wisdom and Thich Nhat Hanh's unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and updated commentary, Awakening of the Heart contains the following sutras: Prajnaparamita Heart Sutra, Diamond Sutra, Sutra On Full Awareness Of Breathing, Sutra On The Four Establishments Of Mindfulness, Sutra On The Better Way To Catch A Snake, Sutra On The Better Way To Live Alone, Sutra On The Eight Realizations Of The Great Beings, Discourse On Happiness, Teachings On the Middle Way.

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## Customer Reviews

This book has become a touchstone for my life. The explanations are written so clearly and wisely, and from the heart of a great being, that I cannot overstate their impact to guide you to wise and fully mindful living. I wish you well and may your life be filled with gratitude and peace.

I first saw this book on a public library shelf in Danville CA. It is new in more ways than one. It contains a reprinting of some of the commentaries that TNH has published before, most significant

is the large section about Anapanasati meditation scheme. The emphasis on the Heart in the title and in some of the text is welcome. Each of those topics show that TNH is being influenced by Thai Forest Buddhist teachings. Compared to some of the older books by TNH this one is a keeper and presents essential dharma for American beginners and experienced meditators alike. Along with this, consider *The Path to Nirodha* which is a sixteen chapter book, one for each of the "foundations" of the Anapanasati sutra and meditation scheme. *The Path to Nirodha: Why and How to Meditate* This book also contains an extensive analysis of the Turning of the Wheel sermon, the first teaching of the Buddha, and as such is a good companion to TNH's discussion of the Heart. Developing the "Heart" which has for a long time been a priority for such Thai teachers as Boowa, is now being popularized by Kornfield and TNH. Welcome addition!

There are many commentaries on Buddhist sutras out there in the market place. And while I make no claim to have read even a significant number Thich Nhat Hahn provides one of the best. His simple, gentle and loving take on Buddhist scriptures helps both the newcomer to Buddhism and the experienced practitioner find real value in the traditional writings. I highly recommend this book.

I can't recommend this book highly enough. It contains the actual sutra translations - often with more than one version of the sutra if there are historical differences. The commentaries by Thay are superb and immediately relevant to daily life and practice. It's the sort of book that you read once, turn back to the beginning, and start reading again.

Thich Nhat Hanh brings the Buddha's words to Westerners in language that is understandable and practical. This book can be used as a study guide for anyone regardless of religious beliefs. It offers guidelines on incorporating mindfulness into everyday life. In our busy, multitasking, competitive society, it is a breath of fresh air. I find myself highlighting many passages for future reference. This book is helpful for beginners and seasoned mindfulness practitioners alike. His writing is clear and concise for beginners. He offers reminders and gentle nudges for those of us who are already practicing mindfulness but get caught up in the societal hamster wheel. Highly recommended.

All his writings are beautifully written by a true bodhisattva. When I would finish one of his books I would only hope that the book was longer. In this book I got my wish! At over 500 pages it is a hefty read packed with information! The best parts in this book for me, by far, were Thay's commentaries on the sutras. The Suttras could get repetitive and take up much of the text with 15 or 16 parts in

each Suttras. Then They would clearly explain his interpretation of that suttra. i will give it some time then I will reread it again.

This compilation of Sutras and their commentary was of immense help. I believe this book is an invaluable asset in deepening ones understanding of the foundation of authentic buddhist practice, regardless of which school of buddhist thought one resonates with. Thich Nhat Hanh presents the layout of buddhist practice in a crystal clear, unbiased way that is easily understood.

Bought the kindle version. This is an excellent collection of basic Buddhist texts and commentaries. It can function as a basic reference book and includes many ideas to deepen your practice and understanding. It is a book to ponder taking it section by section.

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