

Present Moment Wonderful Moment - Thich Nhat Hanh

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Water flows over these hands May I use them skillfully to preserve our precious planet. These and other verses, or gathas, are designed to make everyday activities - such as washing the dishes, driving the car, or turning on the television - opportunities to return to a state of mindfulness. As exercises in both meditation and poetry, gathas are very much in keeping with the Zen tradition. They help readers become attuned to each action, imbuing even the most mundane activity with heightened awareness. Reciting these poetic yet practical verses helps us to slow down and savor each and every moment. Thich Nhat Hanhs warm, thoughtful commentary provides insight and inspiration. Author: Hanh, Thich Nhat Publisher: ReadHowYouWant Illustration: N Language: ENG Title: Present Moment Wonderful Moment Pages: 00000 (Encrypted EPUB) On Sale: 2009-11-13 SKU-13/ISBN: 9781427090621 Category: Self-Help : General

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