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# Plum Village Meditations



## Synopsis

When we listen to the meditation bell, teaches Thich Nhat Hanh, we calm our thoughts and restore ourselves. Plum Village Meditations brings you four authentic meditations just as they are taught at this celebrated Zen sanctuary and peace center in southern France. These direct teachings from Plum Village include a 45-minute bell-sounding meditation introduced and rung by Thich Nhat Hanh, plus three additional guided meditations led by Sister Jina van Hengel: conscious breathing for calming the mind and cultivating joy; body appreciation and attunement practice; and transforming your anger into seeds of kindness. Ideal support for a daily sitting practice, these meditations grow more fruitful each time you return to them. Digitally recorded live at Plum Village.

## Book Information

Audio CD

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Average Customer Review: 4.4 out of 5 stars 22 customer reviews

Best Sellers Rank: #1,013,722 in Books (See Top 100 in Books) #86 in Books > Books on CD > Health, Mind & Body > Fitness #228 in Books > Books on CD > Health, Mind & Body > Meditation #234 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

Thomas Merton once described his colleague Thich Nhat Hanh as "the Zen monk who sees beyond life and death". Recognized today as a leading exponent of the East/West spiritual dialogue, this meditation master and best-selling author spends much of his time at Plum Village, the retreat center he founded in southern France. Plum Village Meditations brings listeners four authentic meditations, just as they are taught at this celebrated Zen sanctuary and peace center. These direct teachings from Plum Village include a 45-minute bell-sounding meditation introduced and rung by Thich Nhat Hanh, plus three simple and enduring guided meditations led by Sister Jina: -- A conscious breathing practice for calming the mind and cultivating joy-- Body appreciation and attunement-- A meditation for transforming anger into "seeds of kindness" Ideal support for a daily mindfulness practice, these contemplations grow more fruitful each time listeners return to them.

Plum Village Meditations is a rare opportunity to join in the sitting practices of one of the world's great meditation centers. Superb digital recording. Thich Nhat Hanh's teaching is about how to live here and now. But it is mostly a delightful place to spend a while, to balance heart and mind". -- Whole Earth Review --This text refers to the Audio Cassette edition.

Thich Nhat Hanh is an expatriate Vietnamese Buddhist monk, as well as a teacher, author, poet, and peace activist. Martin Luther King, Jr. nominated him for the Nobel Peace Prize in 1967 for his efforts to reconcile North and South Vietnam during the Vietnam War. Hanh was part of a movement called "engaged Buddhism", which combines traditional practices with nonviolent civil disobedience, and he was exiled by both the Communist and non-Communist governments. He is a respected writer and scholar, and founded a retreat in France called Plum Village. Hanh has written several books, including *The Heart of the Buddha's Teaching: An Introduction to Buddhism*, *Peace Is Every Step*, and *Living Buddha, Living Christ*.

I have some experience with meditation and find it to be a wonderful way to become more centered in dealing with life. This particular CD, made in Plum Village, is powerful in its simplicity. Just follow the guided meditations and do not think "more" would be better. There is a lovely meditation using the breath and accompanying words. For instance - breathing in, say in; breathing out, say out - in, out. Next - breathing in, say deep; breathing out, say slow - deep, slow. There's more to this particular meditation, but you get the idea. My recommendation can't equal your own experience of this quiet, calm CD. Accept the simplicity, and you will be infused with serenity.

Just the sound of his voice triggers peace for me. But, then I have been in his presence after 9/11 and have the privilege of experiencing the aura of his gentle and loving forgiveness. His peace is contagious. Also, anyone who has meditated will also be recentered with the sound of the bell. It is really for those who have already meditated. Love it.

Beautiful mediation tape. I love the sounds of the bell. Calming for sure.

More of the tracks are from a nun at Plum Village than Thich Nhat Hanh. I did not find it easy to understand her voice which became an obstacle for me in meditating using these guided meditations.

This is an great meditation CD. The sound of the bell ringing is incredibly clear and the vibrations can be heard for a amazingly long time.

Great readings to help you keep balance

A good basic meditation tool.

Perhaps anyone can benefit from this, however more likely easier for Buddhists who already associates the sound of the deep bell with peace and centering, cessation of extraneous thought. Many 'relaxation' CDs increase my level of anxiety. This one helped me to feel calm. Quite effortless. I arrived the day after I ordered it and the price is very reasonable.

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