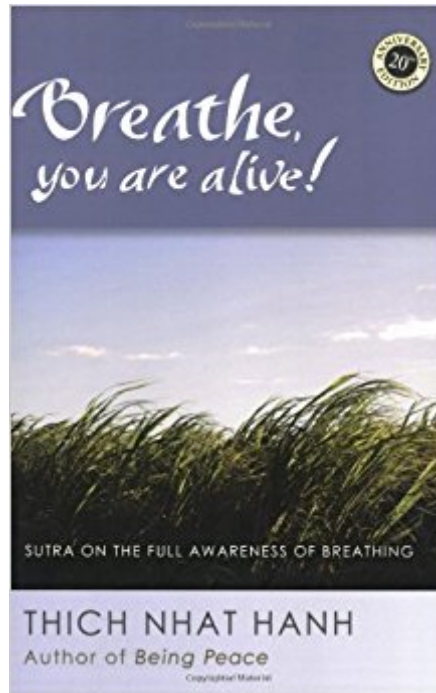




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# **Breathe, You Are Alive: The Sutra On The Full Awareness Of Breathing**



## Synopsis

According to the Buddha's teaching in the Anapanasati Sutra, maintaining awareness of our breathing is a means of awakening to the true nature of all things and arriving at spiritual liberation. *Breathe, You Are Alive* outlines 16 exercises of conscious breathing that were taught by the Buddha, together with commentaries and further exercises for practicing them every day and in any situation. Thich Nhat Hanh's insights and explanation give the reader access to the profound nourishment available when we slow down and get in touch with our in-breath and out-breath. He walks the reader through the progression of exercises from awareness of the physical plane, to the mental and spiritual planes in a clear and concise manner that is easy to implement. This 20th anniversary edition includes Thich Nhat Hanh's most recent commentaries and practices on the awareness of breathing meditation, as well as his "Breathing and Walking" Gatha (practice verse) set to music.

## Book Information

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## Customer Reviews

"An essential addition to any Buddhist book collection."—Midwest Book

Review"An indispensable guide for anyone who wishes to nourish themselves with the peace and joy of a meditation practice."—Karuna

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness and Peace Is Every Step*. He lives in Plum Village in southwest France, where

he teaches the art of mindful living.

"When we see there is already a precious jewel in our pocket, we give up every attitude of craving or coveting. Seeing that we are lions, we do not long to nurse from a mother deer. Seeing that we are the sun, we give up the candle's habit of fearing the wind," says Thich Nhat Hanh in this engaging, vivid and practical presentation of mindfulness meditation practice and the Buddha's teachings. Thich Nhat Hanh offers clear instruction on how to meditate, 'topics' for meditation and the reasons for and benefits of meditation, as he works through the Buddha's 16 practices of Breath Awareness. "Breathe! You are Alive" is both a guide to meditation and to life, encouraging us to look deeply into our body and mind, and the world around us, using meditation practice to embrace and transform our suffering, and to touch the "positive seeds" in us and around us. Thich Nhat Hanh emphasizes the benefits of learning to calm and relax the body/mind and to experience the happiness that is available right now. And he presents the 'deeper' Buddhist teachings of 'no birth/no death' and 'interbeing' in concrete ways that we can practice right now. Thich Nhat Hanh also offers his own translation of the Sutra and his view of how this teaching has been presented in different Buddhist traditions. No prior experience with meditation or Buddhist Teachings is necessary to enjoy this book and one can use the practices while remaining within whatever our root religion/spiritual practice is.

While Peace is Every Step is best for new practitioners, Breathe You Are Alive is just what I needed to take my practice to the next level.

From the first to last page, this is something all Buddhists/Meditators should read. Thich Nhat Hanh teaches the lessons of the Anapanasati Sutra so well, it should inspire anyone who picks this book up to new levels of Meditation and Mindfulness. I could go on and on...just get this book and learn from it. BTW, This book is, more or less the Companion to "Transformation and Healing: Sutra on the Four Establishments of Mindfulness". Both of these Sutras represent part of the core of Buddhist thought.

If you are interested in finding and understanding Meditation and the simplicity and power of Breathing, this book can be a wonderful guide.

Great read. Loved it. Will read it many times with meditation practices.

This is an important study of an early Buddhist text, the Anapanasati Sutta. Thich Nhat Hanh's interpretation is poetic and deeply personal.

Very helpful for learning to use the breath as a method of meditation and understanding mindfulness on a much deeper level.

Book provides you with insightful approach to practice described in Anapanasati Sutra. Very clear and easy to read and apply.

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