



Walking Meditation: Peace is Every Step. It Turns the Endless Path to Joy

Thich Nhat Hanh, Anh-Huong Nguyen

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What if every step you took deepened your connection with all of life and imprinted peace, joy, and serenity on the earth? With *Walking Meditation*, you will enjoy the first in-depth instructional program in this serene spiritual practice to help you walk with presence and peace of mind whether in nature or on a busy city street.

Walking Meditation features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, as together they illuminate the central tenets of this powerful meditative art, including:

- How to recognize the miracle in simply walking-not as a means to an end, but as the opportunity to touch the fullness of life
- Reversing habit energy through the unification of body and mind
- Using walking meditation to work with difficult emotions such as anger and anxiety, and much more

There is a Buddhist concept known as *Apranihita*, or the spirit of wishlessness, in which one neither pursues desires nor flees from discomforts. With *Walking Meditation*, practitioners from every spiritual tradition will rediscover our home in the here and now, as the long road we all must walk turns to quiet joy.

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