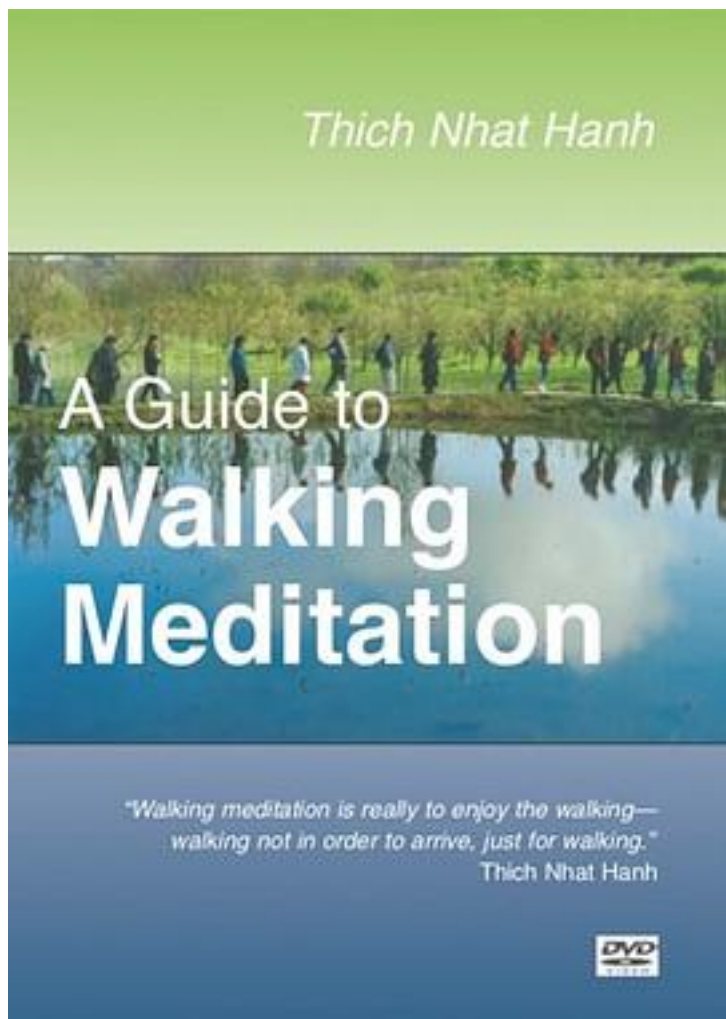


A Guide to Walking Meditation



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著者:Nhat Hanh, Thich; Daniels, Karil;

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In A Guide to Walking Meditation, one can observe Thich Nhat Hanh as he instructs

students in the joys of this simple practice. His underlying theme is to be happy, peaceful, and serene. You can see and feel the strength that emanates from the deep experience of a man who truly lives what he teaches.

作者介绍:

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标签

静观

禅修

冥想

佛教

评论

作者说：Worldliness and purity are just the products of our mind. Once you are free and at peace, worldliness is purity, purity is worldliness.
道理和维摩诘经中的“随其心净则佛土净”，世间即净土，烦恼即菩提，生死即涅槃类似，不过这本小书毕竟是一本行禅指导手册，比佛经来说，道理只是一点而罢，更多注重实修的可操作性。于我而言，这是极为难得的。

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书评

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