



The Blooming of a Lotus: Guided Meditations for Achieving the Miracle of Mindfulness

Thich Nhat Hanh

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One of the world's great meditation teachers offers thirty-four guided exercises that will bring both beginning and experienced practitioners into closer touch with their bodies, their inner selves, their families, and the world. Compassionate and wise, Thich Nhat Hanh's healing words help us acknowledge and dissolve anger and separation by illuminating the way toward the miracle of mindfulness.

The Blooming of a Lotus: Guided Meditations for Achieving the Miracle of Mindfulness Details

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From Reader Review The Blooming of a Lotus: Guided Meditations for Achieving the Miracle of Mindfulness for online ebook

Melissa says

Great meditations, but it is hard to read them and use them at the same time. An accompanying CD would be a great asset when going through this book.

Julia says

A super-straightforward guide to meditation that ought to be useful to just about everyone (level 5 monks, maybe not so much). Some of these exercises (I breathe in, being in the present moment; I breathe out, knowing it is a wonderful moment) are lovely and can be done anywhere or anytime. Some others are a little more intense (I breathe in, seeing my grey dead body lying on the bed; I breathe out AAAUUUGGHHHHHHHHHHHH). I like all the "smiling to" that goes on in here and I always feel better after smiling to a worm or my kidneys or whatever.

Geri Degruy says

I love this book. Thich Nhat Hanh offers a series of guided meditations that take you into important heart and life territory. I'm a meditator but these are different from sitting and breathing. These get into acceptance of ourselves, our pain, our joy, our life and death.

Taymara Jagmohan says

I have been breathing ever since, but I have never realized the value of one breath. I have never suffocated, so I don't know the value of one breath. However, Thich taught me that a breath means everything, as it teaches you the lesson of every other living and non-living notion. You breathe to promulgate life into a richer creation, and for you not realize such a wonder is indeed uneventful and reproachable.

Too many times we have looked at sad events and pitied. Do we really need to pity the cause?

I think not. Some scenes are meant to be accepted, or if there is a change to be made to it, then by all means you go forward. :)

Pitying will never help the duality of dullness and stand-still.

He allowed Meditation to be steps to be climbed upon, and not a back-breaking exercise of 'Sit here and be straight like there is no World going on around or within you.'

'Breathing in, I see myself as a flower.

Breathing out, I feel fresh. :) Did you say it? I am sure you did, and even if you did not, give it a try! :)

I enjoyed this read, because it was simple, yet utterly beautiful and wise.

You will read lots of lessons based on meditation, but many will not be as simple and collective as this one!

Thank you.

The parts with death, I just skimmed over and didn't practice because I felt a fear in my heart. I know I should have, but I could not. I could not tolerate an image of anyone dying and accepting it. Maybe, I will grow to understand one day why, and scenes of solace will gradually change that. As much as I'd love it not to be that way, I know those little themes are necessities of life. :)

I breathe in. I breathe out. A simple breath is all I ever needed.

Beautiful book!

Love,
Taymara.

Mark Robison says

This book took me 20 years to read. It's a compilation of guided meditations — thoughts to focus the mind on while meditating. It's not meant to be read, but tried as part of a meditation practice. For years, I never made it past "Exercise Four" because it's so profound — I still use it regularly, including today. But now I've done them all. What makes the book so useful is that Nhat Hanh explains each line of the meditations so you know their purpose and what they're trying to evoke. More than half of the meditations did nothing for me — they were too esoteric or complicated. (I read the first edition; I'm not sure if this still holds true with the revised edition.) Of the 34 guided meditations, I probably do five with regularity. They are life-altering, and I suspect different ones will speak to different people. If you don't want to just follow your breath, this is wonderful. Grade: A-

Bria says

Welp, I guess I'm a master of mindfulness now.

Patricia says

Whether you believe in meditation or not, I think this is the consummate book for anyone searching for peace. A person of any religion can explore meditative practices through this book. I have given a copy to over ten of my friends and acquaintances. The exercises are trans formative to say the least.

♥ Ibrahim ♥ says

The blooming of the lotus and how wonderful it is if I myself become that lotus that blooms. You never see a lotus frowning; it always smiles, so should we also in giving smiles to people every moment we make eye contact with them. It is the lotus smiling hope, penetrating understating and there profound compassionate. How many books can you read by Thich (Thây) and what he has to say on breathing and meditation? personally I think seventy times seven. We were never taught how to breathe or how to relax. We always need the reminder and the constant discipline to come back to the present moment, thus we live fully in the presence of the Lord.

Nick says

This book is saving my life.

Lorna says

All the guided meditations you'll ever need.

Kevin says

Thich Nhat Hanh and his brother and sister Vietnamese monks have been an inspiration to me since the 1960's. This is a very focused book with many guided meditations.

Megankellie says

And by currently reading I mean: Barely Gotten Through 3 Meditations. Still, I like the: I smile at my hair.

This is all due to Eat Pray Love. Also, ODing on meditation books is not taking the middle path. Thank you.

Kc says

This is a tool book. It helps me ease into meditation during my normal daily activities. It is nice to have specific words to think when my mind is noisy.

This is a favorite:

Breathing in, I see myself as a flower.

Breathing out, I feel fresh.

And there are other more serious meditations useful for breaking through barriers of addiction, craving, anger, and other negative thoughts.

Mariana says

This is a book to read and re-read. The exercises are helpful and can lead to great depth.

Cuong says

this book introduced me into practising mindfulness throughout the day. I can say that it is definitely a solid stepping stone for those who won't to delve more into it. simple topics such as washing dishes and be mindful and present within the moment are often forgotten. really puts things into perspective, whereby being in the present moment, is really everything.
