



The Present Moment: A Retreat on the Practice of Mindfulness

Thich Nhat Hanh

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Buddhism teaches that the present moment contains the seeds of all things, including liberation from *samsara* (the world of suffering). In this live audio retreat with Thich Nhat Hanh, you experience firsthand the traditional Buddhist practices designed to touch the energy of mindfulness that you carry within, and learn how to open to the joy that is always present and waiting to enter our lives.

As a humble Buddhist monk in 1966, Thich Nhat Hanh was nominated for the Nobel Peace Prize by Martin Luther King, Jr. Since that time, he has developed a special way of teaching the *dharma* (essential Buddhist truths) in the West—a way that addresses the spiritual challenges unique to our day, while honoring all faiths. The seeds of internal and external peace are already inside you, he teaches. You need only learn to contact and nurture them. This is the path to transcending fear and anger; this is the path to a more peaceful world.

You will learn a treasury of detailed meditations to help you walk, breathe, communicate—even cope with traffic—more deeply and consciously. *The Present Moment* is a rare opportunity to learn ancient Buddhist practices directly from a living master of the tradition—practices that are life-changing today, just as they were thousands of years ago. More than seven hours of direct instruction from this living master of Buddhist meditation techniques.

Learn More About:

- The Five *Skandhas*
- The Five Wonderful Precepts
- The *Heart Sutra*
- The Five Prostrations
- Birth and death
- How to practice breathing as the living dharma (truth)
- The greatest gift of meditation and mindfulness: nonfear
- How to break the habit of forgetfulness, and replace it with the real peace of mindfulness
- Buddhist awareness practices to apply to driving your car, answering the phone, even eating and reading
- The hungry ghost?what Thich Nhat Hanh calls the most important phenomenon of our time
- Principles of Buddhist psychology
- How to transform difficult emotions within yourself

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