



Walking Meditation [With CD and DVD]

Nguyen Anh-Huong , Thich Nhat Hanh

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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, listeners enjoy the first comprehensive instructional program in this serene spiritual practice to help them walk with presence and peace of mind whether in nature or on a busy city street. Presented in a unique format that combines a book with a DVD and audio CD, Walking Meditation features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Anh-Huong Nguyen, as they together illuminate the central tenets of this powerful 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.

Walking Meditation [With CD and DVD] Details

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Iona Stewart says

This is a delightful little book, which brought me peace and calm just by reading it.

Thich Nhat Hanh is a wise Zen master, who lives in exile in France, in a community called Plum Village. He tells us we must learn to make "peaceful, anxiety-free" steps. Walking with mindfulness brings us "real happiness".

He teaches us how to walk noticing our breath and the number of steps we take whilst breathing in and out. If we take three steps while breathing in and four steps while breathing out, we can say to ourselves, for instance, "In, in, in" and "Out, out, out, out", one word for each step. At the same time we might imagine we're walking majestically like a tiger. We should keep a "half-smile" on our face while we walk. When we focus on the present moment in this way, all our worries disappear.

You can practise the walking meditation on the way to your car, or up and down the stairs. If possible, however, walk in a park or some other place where you're in contact with nature.

Hanh tells us that the Buddha imprinted peace and joy in the Earth with each step he took, When we walk as he did, we continue this work.

The book includes photos of Thich Nhat Hanh and others practising the walking meditation, some of the photos being from his community in Plum Village.

Towards the end of the book we are presented with examples of the author's poems. For example, the following little gem, entitled "Walking Peace":

Peace is the walk.
Happiness is the walk.

Walk for yourself
and you walk for everyone.

I highly recommend this peaceful little book. However, I must point out that it takes practice to coordinate one's breathing with one's steps and thus perform the meditation correctly. But practice makes perfect.

Corey says

Summary:

This is more like a small handbook than an actual book, but briefly and succinctly outlines walking meditation, its benefits and how to do it. There's a lot of esoteric language, but the gist of it is breathing, counting, walking and keeping a half-smile. You count your steps in time with your breath, starting with what is comfortable and natural for you and eventually extending your inhale and/or exhale to cover more

and more steps as you develop your technique further.

I would recommend this book to anyone interested in mindfulness.

The main message I took from this book is that we can cultivate walking meditation as a beneficial practice into our lives.

Some notable points:

- Walk in such a manner that you leave only peace in your footprint; this is the secret of walking meditation. But if you want to walk like this, you should know how to shake off sorrow and worry.
- Once you are free and at peace, worldliness is purity, purity is worldliness, and there is nowhere you need to go.

Serena Long ? says

Smiling joyfully while reading this lovely book by Thay; it reminds me of Plum Village in France, when I was doing my walking meditation with Thay, brothers, sisters and other layfriends. Thay encourages us to "walk not in order to arrive, but just for the joy of walking." I love doing walking meditation because when we walk as the Buddha did, we actually continue his work. We nurture the seeds of Buddhahood in ourselves and show our gratitude to the Buddha, not by what we say but by the way we take peaceful, happy steps on the Earth. Let's walk leisurely and peacefully.

T.Kay Browning says

New goal in life: Always read a Thich Nhat Hanh during finals week. Tests are a celebration of knowledge dude!

Tony Romine says

One of the biggest excuses I hear for people not meditating is that there is no time for it during the day. Thich Nhat Hanh provides here a small, simple book to make walking into the peace filled, mindful exercise it should be. If utilized properly, this book can turn even a 5 minute walk from your desk to your car into a mindful moment of happiness. Very highly recommended.

Julie says

Lovely! I read this on a contemplative retreat.

Patricia says

"Walking meditation is meditation while walking. ...Anyone can do it. It takes only a little time, a little mindfulness, and the wish to be happy." This is the beginning of this little book of ways to practice meditation while walking. It's a sweet book, and here are a few of my favorite passages:

"Walking mindfully on the Earth can restore our peace and harmony, and it can restore the Earth's peace and harmony as well. We are children of the Earth. We rely on her for our happiness, and she relies on us also. Whether the Earth is beautiful, fresh, and green, or arid and parched depends on our way of walking. When we practice walking meditation beautifully, we massage the Earth with our feet and plant seeds of joy and happiness with each step. Our Mother will heal us, and we will heal her." (p. 21)

"When we practice walking meditation, we arrive in each moment. Our true home is in the present moment. When we enter the present moment deeply, our regrets and sorrows disappear, and we discover life with all its wonders. Breathing in, we say to ourselves, "I have arrived." Breathing out, we say, "I am home." When we do this, we overcome dispersion and dwell peacefully in the present moment, which is the only moment for us to be alive." (p. 37)

"When you walk, you might like to take the hand of a child. She or he will receive your concentration and stability, and you will receive the child's freshness and innocence. From time to time, she may want to run ahead and then wait for you to catch up. A child is a bell of mindfulness, reminding us how wonderful life is." (p. 44)

"We who have two legs can easily practice walking meditation. We must not forget to be grateful. We walk for ourselves, and we walk for those who cannot walk. We walk for all living beings, -- past, present, and future." (p. 55)

"You can practice walking meditation between meetings, on the way to your car, and up or down the stairs. When you walk anywhere, allow enough time to practice. Instead of three minutes, give yourself eight or ten. I always leave for the airport an extra hour early, so I can practice walking meditation there. Friends want to keep me until the last minute, but I resist. I tell them that I need the time." (p. 63)

"The practice of walking meditation opens your eyes to the wonders and the suffering of the universe. If you are not aware of what is going on around you, where do you expect to encounter ultimate reality? Every path can be a walking meditation path, from tree-lined roadsides and fragrant rice paddies to the back alleys of Bosnia and the mine-filled dirt roads of Cambodia. When you are awake, you will not hesitate to enter any path.

You will suffer, not just from your own worries and fears, but because of your love for all beings. When you open yourself in this way, your companions will be other beings on the path of awakening who share your insight. They will work with you, side by side, to alleviate the world's suffering." (p. 64)

"Take my hand.

We will walk.

We will only walk.

We will enjoy our walk,

without thinking of arriving anywhere.

Walk peacefully.
Walk happily.
Our walk is a peace walk.
Our walk is a happiness walk." (p. 84)

Riobhcah says

P. 18: "Walking meditation helps us to regain our sovereignty, our liberty as human beings. We walk with grace and dignity, like emperors, or lions."

Another wonderful book by Thich Nhat Hanh...This one teaches us how to reconnect with the energies of the earth by walking mindfully, and thus to overcome anxiety and delusion and to find the peace that exists in the present moment.

He makes a very good point in saying that all too often we walk upon the earth with steps of fear and sorrow, while walking peace and harmony can help to restore the earth since everything is connected. Mindful walking meditation can positively transform your inner self. I would highly recommend it.

Jody Mena says

Very short - its almost more of a pamphlet than a book - but very powerful! There is always much to gain from reading the words of Thich Nhat Hanh, this book was no exception. He lays out the method of walking meditation mixed in with philosophical insights and poetic metaphors. It's all very uplifting and calming. The methods in this little book are so great too, walking meditation while practicing deep breathing is good for the body, mind and spirit, it really is one of the most satisfying and effective methods of meditation in my opinion, because it engages your entire being, from the physical to the metaphysical, including all of who and what you are in the raising of awareness and awakening. I really recommend this for everyone; he even provides a method of meditation for people who cannot walk for themselves due to injury or handicap, by observing and meditating upon others walking. So anyone can reap the benefits of this, and there are so many!

Jonathan K says

A good book for what it is, an adjunct to other meditation guides, and of course one that focuses primarily on the walking component. Written by a student and I believe relative of thich nhat hanh, this book bring peace simply from reading it. The adjunct DVD is super brief, and I have not yet listened to the included meditations, but hope to do so shortly. Overall, the book itself is a quick read with some useful insights, but not a whole lot of value added over more comprehensive meditation guides.

Glen Grunau says

A simple little book that teaches how to turn walking into meditation. The author comes from a Buddhist

orientation but his truth is easily transferable to Christian contemplative practice.

It is difficult for me to do anything without some sort of end or purpose in mind. How naturally I succumb to an achievement rather than a receptive orientation to life. Even my walking needs to have a destination in mind - getting from home to work, getting from work to home, taking my dog out for exercise with a clear route and destination in mind. Not all so bad really. But this book has reminded me that even with such destinations in focus, I can still take care to walk mindfully in the present moment. Because as Thich Nhat Hanh wisely says, "Our true home is the present moment".

"People say that walking on water is a miracle, but to me, walking peacefully on the Earth is the real miracle".

Kathleen says

"In fact, if you learn to take peaceful, anxiety-free steps on the Earth, you won't need to go to the Pure Land. When you are peaceful and free, the Earth itself becomes a Pure Land, and there is no need to go anywhere else."

Thich Nhat Hanh is such a blessing. His words are so gentle, so simple, so positive. I found this little book about walking meditation very helpful and inspiring--short ideas or suggestions interspersed with lovely black and white photographs of walkers. It's not so much that he teaches you. It's that he reminds you how simple it all is.

"Each step is life."

Sue says

This is a wonderful book for anyone who wishes to practice a basic form of meditation. The book comes with a DVD which introduces you to Thich Nhat Hanh. Hanh explains some of the principals of Walking Meditation. His gentle voice and sense of humor immediately put me at ease.

This edition also comes with an audio CD that will lead the listener through several sessions of Walking Meditation of differing levels and lengths. The person doing the guided CD lessons is a woman with a clear, pleasant voice.

The book does a very good job of giving the reader an overview of the practice. With the DVD and the CD, this is a great way to start relaxing by living in the here and now.

Chris Gager says

A small picture book that's a tribute to TNH's ministry around the world and a guide to walking meditation. We all need a lot more peace in our lives for sure. Date is approximate.

Maureen says

I had a unique opportunity to spend time with Thich Nhat Hanh and the monks and nuns who travel with him. One of the most beautiful parts of spending time with them was doing the walking meditation. It was particularly interesting for me, because I am used to forging ahead. Instead, I slowly lifted one foot and placed it in front of the other, while paying attention to my breathing and slowly becoming aware of the beauty of the earth around me.

This postcard-sized book is filled with photographs to aid the novice walker on his or her way. Along with suggestions on how to walk mindfully and how to breathe, there are Thich Nhat Hanh's thoughts on bringing peace and harmony to the world, and as with all of his writings, poetry and a bit of music are included. Walking meditation is a deep practice that anyone can do. I highly recommend both the book and the practice of walking meditation.
