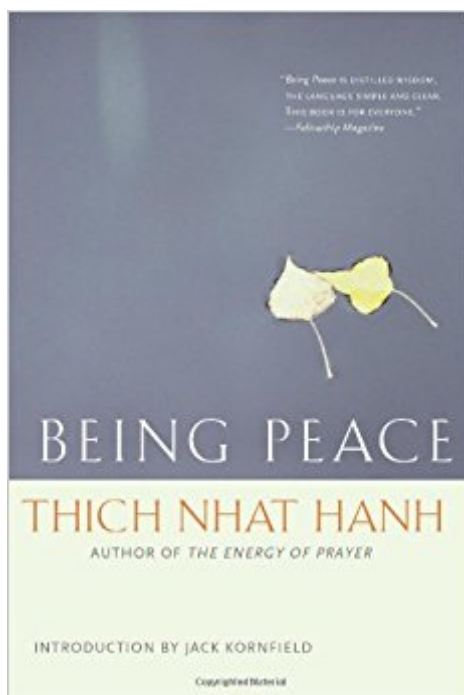


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# Being Peace



## Synopsis

A bestseller with over 250,000 copies sold, *Being Peace* is the seminal founding work by Zen Master and Nobel Peace Prize nominee Thich Nhat Hanh. With a new introduction by Jack Kornfield and the first update since its release over fifteen years ago, this eloquent meditation on "being peace in order to make peace" is more relevant than ever. A book for everyone concerned about the state of the world and the quality of our lives, it has lost none of its timeliness since it was first published in 1987. It is filled with practical suggestions how to create a more peaceful world "right in the moment we are alive." Contains Thich Nhat Hanh's key practices, including a guide to the practice of reconciliation which has become a peacemaking tool in many other religious traditions. This beautiful, newly revised edition is the perfect starting point for those who are getting their first introduction to Buddhism as well as a must-have for those already engaged in the tradition. With illustrations by Mayumi Oda.

## Book Information

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## Customer Reviews

This collection of teachings by noted Vietnamese Buddhist monk and peace activist Thich Nhat Hanh will be eagerly read by those concerned about world peace. Rev. Thich claims that world peace starts with the individual's acquiring inner peace. He challenges the reader in warm and anecdotal dialogues: "Have we wasted our hours and days? Are we wasting our lives? . . . Practicing Buddhism is to be alive to each moment." Meditation, says the author, is not an escape from the difficult present but an active form of service to society, directing us to understanding and

compassion toward all suffering humanity. The author terms this "engaged Buddhism." Free of jargon and eminently practical, this wise and joyous book celebrates the spirituality inherent in daily life. For academic and public libraries. Alphonse Vinh, Yale Univ. Lib. Copyright 1987 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"This book is a treasure. If you look deeply you will see in it the seeds of all Thich Nhat Hanh's most important teachings, and the seeds of your awakenings as well."#151;Jack Kornfield"...a jewel of love and wisdom."#151;Small Press

REVIEWS OF ORIGINAL EDITION:#147;Free of jargon and eminently practical, this wise and joyous book celebrates the spirituality inherent in daily life.â •#151;Library Journal#147; #133;a glass of water in the desert for those interested in both Buddhism and the world.â •#151;San Francisco Chronicle#147;Being Peace is distilled wisdom, the language simple and clear. This book is for everyone.â •#151;Fellowship magazine#147;[Thich Nhat Hanh] has pared down the voluminous teachings of Buddhism to their innermost core.â •#151;Stephen Batchelor, in Resurgence

Opening a book by Thich Nhat Hanh, one expects to find wisdom and guidance regarding practices like breathing, meditation, and mindfulness; and they are in this book. But there is more. For example, in the first chapter the author writes about smiling, namely that being happy and showing it by smiling is a way of sharing peace. Lessons I drew from the book included: 1) "The Three Gems of Buddhism" - a) Buddha - the Enlightened One, b) Dharma - the way of understanding, and c) the Sangha - the community that lives in awareness and harmony; 2) the closeness of understanding and love in Dharma teaching, and 3) the teaching that humans are composed of 5 aggregates: Form, Feelings, Perceptions, Mental Formations, and Consciousness. Approaching the book from a Christian perspective, one of the difficult subjects for me was the author's understanding of reincarnation and recalling past existences. One of the emphases which I appreciated was that of the interrelatedness of human beings. We take care of/love others by doing the same for ourselves. If I am happy, it is more likely that you are happy, and vice versa. Likewise, if I am wrong, you may suffer, and vice versa. Beyond these truths, there is the matter that everything is interrelated. These ideas are just a sample of the richness to be found in "Being Peace." I recommend it to anyone interested in "being peace" and moving further along the Buddhist path.

Among Thich Nhat Hanh's many books, Being Peace stands out as accessible, inspirational, and highly informative of his approach toward Zen as a life practice. This audio CD consists of the

original lectures on which his book was based. If you love the book, and you certainly should, you will love the audio recording even more, since it captures the inimitable tone of his speaking voice that is itself spiritually inspiring and even holy. His digressions, asides, along with the audience's responses, provide a richer flavor to his thoughts than his words alone provide.

The recording probably wasn't the best - it was muffled and I had some difficulty catching what was said. I also bought another set of CDs "The Art of Mindful Living" and these turned out clear. The CD cover arrived with multiple cracks all over but I'd live with it.

The Venerable Thich Nhat Hanh ("Thich" is his title, not his name), also known to his students as "Thay," has written more than 60 books in English alone. This slim volume, BEING PEACE, is comprised of a series of Zen teachings presented in the United States over the years. It is very much a book directed toward Americans. Thay's position in BEING PEACE is that we cannot HAVE peace until we ARE peace; in short, we must actualize peace through our lives. He gives us a series of illustrative situations to think on, and also gives us "The Fourteen Mindfulness Trainings of Interbeing," a set of modernized and specially-adapted Zen Precepts that we can work with. Perhaps the simplest summation of BEING PEACE comes toward the end: "There is a lot of anger in the Peace Movement...very good at writing a protest letter...need[ing] to write a love letter, a letter that [the recipient] wants to read." By "being peace" we can be people other people want to be with.

inspiring read. I loved it, and it was so relaxing to read it.

A friend recommended this, out of all of Thich Nhat Hahn's books. It's a very beautiful, wide-ranging book. It serves as a very practical guide - it offers great insight into how one might live mindfully in the world (not that a monastery isn't part of the world, of course, but this book can guide those of us who have children, hold non-monastery vocations, interact regularly with "mainstream" culture...). I suspect that \*Being Peace\* might be of greatest interest to those readers with just a bit of background reading in Buddhism; and at once, it might also serve as a gentle introduction to Buddhist philosophy and practice; finally, it's worth reading even if one has no interest in Buddhism - it may, in its own right, offer a path to greater compassion, understanding, and happiness.

Must read, a great gift

Not much of a read

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