



# True Love: A Practice for Awakening the Heart

By Thich Nhat Hanh

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In this little treasure, Thich Nhat Hanh offers a Buddhist view of love along with techniques for manifesting it in our daily lives. In his characteristically direct, simple, and compassionate style, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom.

In order to love in a real way, Thich Nhat Hanh explains, we need to learn how to be fully present in our lives. In *True Love* he offers readers the technique of conscious breathing as a method for synchronizing the mind and body to establish the conditions of love. He goes on to offer a mantra practice for generating love that consists of expressing four key statements or intentions in our relationships. These include: "Dear one, I am really there for you"; "Dear one, I know that you are there, and I am really happy about it"; "Dear one, I know that you are suffering, and that is why I am here for you"; and "Dear one, I am suffering, please help me."

In the concluding section of the book, Thich Nhat Hanh explains how love can help us to heal our own pain, fear, and negativity. He explains that we must not regard negative emotions as bad and repress them. We must recognize them as part of us and allow them into our consciousness, where they can be cared for by the "loving mother of mindfulness."

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### Editorial Review

From Publishers Weekly

This umpteenth volume from the highly regarded Vietnamese Zen monk really has nothing new, but that is precisely the author's point: just do a few simple things, and keep doing them. True love—the real thing—is actually hard to practice, and so Nhat Hanh begins with a short Buddhist explanation on the components of love—loving kindness, compassion, joy and freedom—and then offers a series of practices, including mantras, deep listening and a variety of meditations. Throughout, he skillfully weaves in Buddhist teachings about consciousness and nonduality whose complexity belies the simplicity of the author's words. Nhat Hanh is always good, and poetic, at seeing the deep in the ordinary: how the ring of a telephone can be a call to awareness, how the waste material of human fear and pain can be composted—transformed—into flowers of understanding and hope. These teachings will all be familiar to the many students and admirers of the popular monk, but the compassionate call to awareness and to everyday practice does not grow old. The book's gift format makes it an especially good choice as a present to anyone who might need an accessible door to the author's vast body of work and teachings.

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### Review

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."—the Dalai Lama

"Among Buddhist leaders influential in the West, Thich Nhat Hanh ranks second only to the Dalai Lama."—*New York Times*

"Thich Nhat Hanh writes with the voice of the Buddha."—Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*

### About the Author

A Vietnamese Zen Buddhist monk, Thich Nhat Hanh is an internationally known author, poet, scholar, and peace activist, and was nominated for the Nobel Peace Prize by Martin Luther King Jr. He is the author of numerous books, including the best-selling *Living Buddha, Living Christ*; *Anger: Wisdom for Cooling the Flames*; *Peace Is Every Step*; and *The Miracle of Mindfulness*. He has founded monastic communities in France, Vermont, and California and teaches actively around the world.

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This book untitled True Love: A Practice for Awakening the Heart to be one of several books this best seller in this year, this is because when you read this publication you can get a lot of benefit into it. You will easily to buy this particular book in the book retail store or you can order it by using online. The publisher of the book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason to your account to past this publication from your list.

**Carol Benally:**

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled True Love: A Practice for Awakening the Heart can be very good book to read. May be it can be best activity to you.

**Jason Wahl:**

True Love: A Practice for Awakening the Heart can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing True Love: A Practice for Awakening the Heart although doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial thinking.

**Staci Luton:**

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