



Walking Meditation (With DVD)

Thich Nhat Hanh & Nguyen Anh Huong

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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, you will enjoy the first in-depth instructional program in this serene spiritual practice to help you 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 an audio CD, Walking Meditation features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, 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

There is a Buddhist concept known as Apranihita, or the spirit of "wishlessness", in which one neither pursues desires nor flees from discomforts. With Walking Meditation, practitioners from every spiritual tradition will rediscover "our home in the here and now, as the long road we all must walk turns to quiet joy."

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