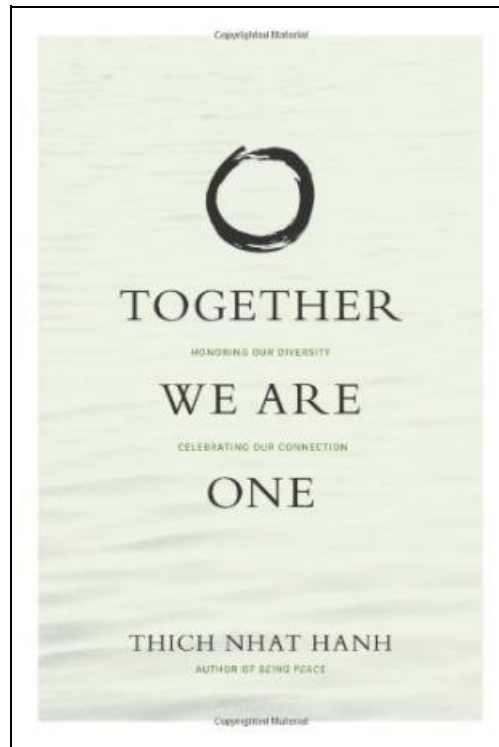


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Parallax Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Based on four retreats that Zen Master Thich Nhat Hanh led specifically for people of color, this book is for people of all colors, backgrounds, and experiences who have ever felt excluded or alienated, or anyone concerned with issues of social justice. Although Together We Are One is based on teachings given to Buddhist practitioners of color, readers of all backgrounds and walks of life will find it an inspirational and practical guide. In chapters focusing on honoring our ancestors, developing understanding and compassion, and seeing the world in terms of interbeing, Nhat Hanh shows how meditation and the practice of looking deeply can help create a sense of wholeness and connectedness with others. Chapters are interspersed with mindfulness practice exercises and the personal stories of skilled writers, such as Larry Ward (author of Love s Garden), Sr. Chan Khong (author of Learning True Love), and Rev. Hilda Ryumon Gutierrez Baldoquin (editor of Dharma Color and Culture), about their discovery of a spiritual path, their experience of finding balance, overcoming obstacles in an unpredictable world, and maintaining and sharing insights. Together We Are One is a valuable addition to the unique expression of Buddhism in the West. As in all his writings, Thich Nhat Hanh does not suggest we replace traditional beliefs and customs with Buddhism, but rather emphasizes that a mindful approach to daily life and interactions can help overcome misperception and separation so that we might honor and transcend our differences. Nhat Hanh s primary focus highlights the basic how-to s of Buddhist practice, such as mindful walking and eating, the practice of Looking Deeply, and a never before published multicultural version of the Touching the Earth Ceremony, making them accessible possibilities for a...

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