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Making Space: Creating A Home Meditation Practice



Synopsis

Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.

Book Information

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Customer Reviews

This is a thin book and an easy read. I may have misinterpreted the title. I was expecting it to be more of a "How to" create a home meditation space. Instead of a "Why to". The "How to" only takes up a couple of paragraphs, where to set it up, what to include, etc. The bulk of the book is Thich Nhat Hanh explaining why to set up a home meditation practice, very well written and interesting. He includes a lot of short 2 and 3 line poems and thoughts that are worth the price of the book alone.

This little book is helpful in reminding me of how I must make a little nook that is my space to meditate. I can't always make it to meditation class and it is nice to have a spot set aside for only me and my practice. Sometimes meditation is difficult to do at home but give yourself this gift. It is well worth it.

Although I have been meditating for several years, this book was a nice review for me. The instructions were simply stated and beautifully illustrated with appropriate short poems. I feel it would be equally useful and inspirational for someone just beginning to meditate.

I love this book. It helped me to create a dedicated space for meditation in my tiny home. I didn't think I could find a permanent space to meditate, but with the encouragement and wisdom of Thich Nhat Hanh, I created a little sanctuary for my spiritual practice. Before reading this book, I would meditate anywhere in the house. It was very random, and my practice was very random. Just having the space, invites me to sit consistently. It made me see all of my home as breathing space, and to nurture myself, family, and visitors, with a sense of serenity and welcome. I have already read the book twice and will reread it for years to come. There are a lot of pearls to be mined.

Like most of his books, very clear, simple steps to the goal. This is different in that it truly is a manual, it gives very practical, step by step instructions for persons with a wide range of meditation experience, home styles and resources.

Just having this book in my home makes me smile. Also, the practices are really easy to implement and yet helpful. I like that the book is also small enough to carry with me so that I can remember some of the practices (like Stopping) that can be done anywhere.

Thich Nhat Hanh's simple yet profound wisdom shines light on life. Everyone can develop a space for meditation. It doesn't have to be large or ornate, just intentional. This book will help you develop your own practice.

Ok. It's true. No one needs to be told how to create sacred space in their house. So many people have altars and/or meditation spots in their homes now, the how-to guides are in popular magazines all the time. Still . . . This little book is inspiration and gentle instruction. It is a call to come home. Like everything Thay writes or says, it is a gentle waft of fresh air. Read it just to 'hear' Thay's voice giving guidance on how to live mindfully by taking care of ourselves, attending to our need to return, often, to our own center. It is also a guide to peace in the home, and by extension, the workplace, community and world. It is a little book and less than 100 pages. If money is an issue, spend it on a regular sized book by Thich Nhat Hanh. If it isn't an issue and you like to read short, inspirational chapters in just a few minutes to give you a boost and inspire ideas, then you might like this book. I

do, and I'm glad I got the book.

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