



# 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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##### Nathan Wilson:

Your reading sixth sense will not betray anyone, why because this True Love: A Practice for Awakening the Heart book written by well-known writer who knows well how to make book which might be understand by anyone who also read the book. Written in good manner for you, still dripping wet every ideas and creating skill only for eliminate your own hunger then you still doubt True Love: A Practice for Awakening the Heart as good book not simply by the cover but also through the content. This is one book that can break don't judge book by its deal with, so do you still needing a different sixth sense to pick this!? Oh come on your

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