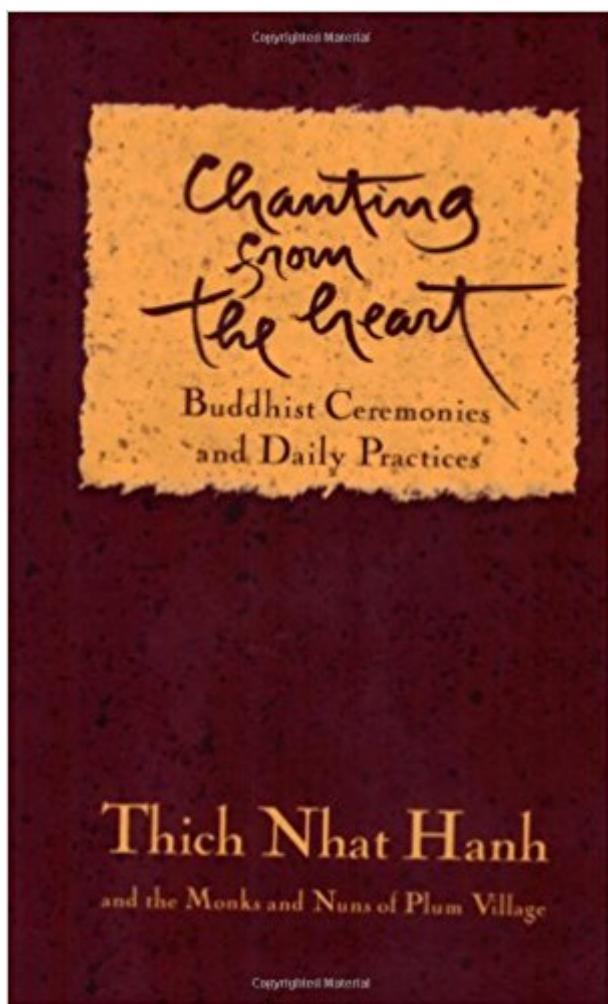


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# Chanting From The Heart: Buddhist Ceremonies And Daily Practices



## Synopsis

This Plum Village Chanting and Recitation Book is a most valuable resource for anyone interested in liturgy and everyone who just wants to celebrate life and practice the art of mindful living. It contains chants and recitations for daily spiritual practice and for such occasions as blessing a meal, celebrating a wedding, comforting the sick and remembering the deceased. Also included are more than twenty discourses comprising some of the most fundamental teachings of the Buddha and his enlightened students, including the Heart Sutra, The discourse on the Mindfulness of Breathing, the Discourse on Happiness, the Discourse on Taking Refuge in Oneself and the Discourse on Love. Many of the chants include sheet music. An unprecedented collection of traditional and contemporary Buddhist chants, recitations, and ceremonial texts for daily spiritual practice when first published in the Fall of 2000, this new paperback edition was completely revised in Plum Village, Thich Nhat Hanh's practice center in France. Plum Village Chanting and Recitation Book is the quintessential resource and reference book for Buddhist practitioners on any level of experience, and for anyone who wants to celebrate life and practice the art of mindful living.

## Book Information

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## Customer Reviews

"This practical, easy-to-use prayer book will assist both new and experienced Buddhists in claiming nirvana." Beliefnet

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books

include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, his meditation and retreat center in France, where he teaches the art of mindful living.

As a 12er Shia Muslim, I believe that Gautama Buddha was a Prophet of God. What I like about Thay's approach is that he allows Theists to participate in his practice centers. He is known for helping people whether or not they are Buddhists. He was criticized by Communists and non-Communists for helping anyone in need during the Vietnam War. That is only one example of what I would call his "charity work". Of all the books by Buddhist authors on my shelf, this book and a few other books by Thich Nhat Hanh are my favorites. I began doing sitting and walking meditation using this book. Later, I purchased his commentaries on various sutras, as well as The Heart of Truth. The most recent book I read by Thay was Old Path, White Clouds: Walking in the Footsteps of the Buddha, which is actually the first book I would recommend one read by Thich Nhat Hanh. This book is a biography of Gautama Buddha that seems to be written for one who will be practicing Thich Nhat Hanh's flavor of Rinzai Zen Buddhism. After reading Old Paths, White Clouds, I believe a practitioner with no practice center nearby would have a bit easier time using Chanting from the Heart than if he or she started practicing only having the knowledge in this book. Of course, as a 12er Shia Muslim, I make Salat prayer, seek refuge in Allah, and read Quranic Sutras and follow the halal food laws. For those Buddhists who not only Five Mindfulness Trainings (5 Precepts) but are also Vegetarian or Vegan or just eat raw foods, those are excellent diets. Meat is allowed for Muslims, but Muslims are not obligated to eat meat. Thus, it is possible for a Muslim to practice the Five Mindfulness Trainings and even follow a meatless diet. In fact, the 1st of our 12 Imams, Ali Ibn Talib, who is the 4th Caliph of Sunni Muslims, wrote that one should not eat much meat. He also wrote that all people are either one's brother or sister in Islam, or one's equal in Adam, so a true Muslim ought to treat non-Muslims charitably and justly. That may seem like too much information, but I wrote the above for those Buddhists who may have had bad experiences with professing Muslims. Plenty of Sunni and Shia Muslims, including Sufis, love the Buddha and Buddhists. I am especially appreciative of Thich Nhat Hanh, as well as Theravada monk Bhikkhu Buddhi, who has produced a good large compilation of suttas and excerpts of suttas from the Pali Canon, as well as a good short book on the Eightfold Noble Path. Be happy practicing with Chanting From the Heart!

The literal ceremonies and daily practice book. My copy is littered with post its, tabs, and dog-eared on the touching lessons passed to us by Thay and the Sanga. A great book.

This is an indispensable book containing text for daily individual and group practice, ceremonies for special occasions and significant life events (including weddings and funerals), dharma teachings for reading and chanting, and even sheet music (I wish I still remembered how to read music!) It is a a marvelous reference to turn to again and again.

Terrific book, so glad I found it. I have been using some of the ceremonies and the music from the CD for our weekly family meditation session and it has added so much to the experience. Couldn't be happier with it.

Thich Nhat Hanh and his students at Plum Valley have compiled this outstanding work, and rare glimpse of the traditions and ceremonies developed and practiced in his Centres. With numerous personal works, this prolific teacher and Bodhisattva allows everyone to share in the rituals and thought of mindfulness and oneness Buddhism. A great addition for all Buddhist and meditation centres.

This book is full of great information and easy to follow. If you follow Thay online from Plum Village's Online Monastery on Vimeo you'll love this and I use it to add to my daily practice. My 12 year old also uses the mantras and prayers from this book. It gives several variations on breathing, meditation, etc. I'm grateful for the amount of information being available in one book.

Arrived as promised. This book was a gift and was told that it is wonderful! So happy!

A must have if you want to get closer to the Plum Village Buddhist traditions.

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