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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.

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Customer Reviews

Domestic life is a valid form of spiritual practice and Thich Nhat Hanh gives us practical ways to infuse the atmosphere of our home life with attentiveness and peace. Children, friends and even our digestive system will benefit from the daily exercises presented in this profound book. - Michael Stone, Founder, Centre of Gravity Sangha and author of *Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life*. Your own home, no matter how big or small, can be a peaceful refuge. *Making Space* gives simple, practical and inspiring ideas on how to create sanctuary in your living space, and blend mindfulness into your daily life. Thich Nhat Hanh's kindness and wisdom shine throughout this poetic book. Charlotte Bell, author of *Mindful Yoga, Mindful Life: A Guide for Everyday Practice* A small, practical book filled with deep and healing truths about the sacred nature of place and home. Thich Nhat Hanh offers each of us an irresistible invitation: to clear a bit of space in our everyday lives, in our own homes and in our own busy

schedules, in which our souls can rest and our spirits flourish. To read this lovely book is to take the first small step toward inner peace. Katrina Kenison - author of *The Gift of an Ordinary Day: A Mother's Memoir* *Making Space* brings home over thirty years of attending Thay's retreats. It invites us to establish a dedicated space for wakefulness, in the monastery of daily living. Although *Making Space* is intended for beginners, we're always beginners, so longtime meditators can also enjoy refreshing awareness of the timeless basics, cultivating empirical evidence of the unity of inner and outer space - on each step new, with each meal, in each moment. The extended loving kindness (metta) meditation allows the seeds of awakening (intention, understanding and love), to pervade the seeds of suffering (anger, craving and delusion). *Making Space* kindles our aspiration to discover that the door of our heart is already open, so compassion can flow freely, on the heart's breath. - Elizabeth Hamilton, author *Untrain Your Parrot - and Other No-nonsense Instruction on the Path of Zen*

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, where he gardens, writes, and teaches the art of mindful living.

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 mediation 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.

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 was expecting a guide to interior decorating (or lack there of) to engage in mindfulness. But looking back on the title it's pretty obvious that it would transcend decorations. There was a lot of focus on poems and breathing practices. There was advice on decorating but he leaves it up to the reader. What I really enjoyed is that it was a practical guide to meditation. It's a quick read and worth coming back to. I also enjoyed the illustrations. I'm giving it four stars because I didn't understand some of the conflicting advice in the book. At one point you're supposed to "shut the windows of the

senses" but then you're supposed to ring bells, burn incense, look at nature/relatives, eat food. It just seemed conflicting but it did make me think that you could shut senses down by using one thing to focus on...Anyway the book is worth reading if you're experienced in meditation or not.

Excellent overview of how and why to establish a home meditation practice. The book covers how to create a physical space and how to create a mental space, as well as how to integrate meditation into your every day life. It includes short poems to recite while engaged in various activities throughout the day in order to become more mindful.

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.

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.

If you want a nice, short, well written, and unobtrusive introduction to meditation and the mindset that comes with it, then this is the right book for you. It is also very inexpensive (\$6). I have bought a whole bunch of them and use them as little tokens of appreciation for friends.

The book contained the information I was hoping for.

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