



Plum Village UK

Book Service

The Community of Interbeing - Registered Charity No 4623280, Registered Company No. 109668

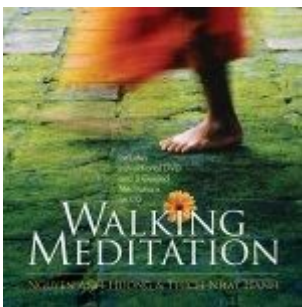
If you have any queries, please contact [Ian Parker](mailto:bookservice@coiuk.org) on: - bookservice@coiuk.org or 07799 744944. If you need any DVDs and CDs by **Thich Nhat Hanh** that do not appear on this list, please let him know. Any suggestions for improvements to the Book Service are most welcome.

04.04.18

DVDs and CDs

DVDs

Walking Meditation: Peace is Every Step, It Turns the Endless Path to Joy (DVD)

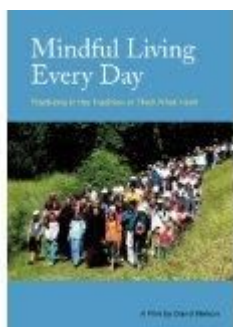


What if every step you took deepened your connection with all of life and imprinted peace, joy, and serenity on the earth? With *Walking Meditation*, you will enjoy the first in-depth instructional program in this serene spiritual practice to help you walk with presence and peace of mind whether in nature or on a busy city street. *Walking Meditation* features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, as together they illuminate the central tenets of this powerful meditative art. With *Walking Meditation*, practitioners from every spiritual tradition will

rediscover our home in the here and now, as the long road we all must walk turns to quiet joy.

£15.00 Hardcover book, 56 pages, 1 CD running time: 76 minutes, 1 DVD running time: 34 minutes

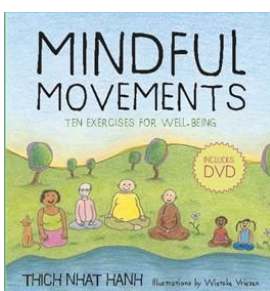
Mindful Living Every Day: Practicing in the Tradition of Thich Nhat Hanh (DVD)



Mindful Living Every Day, filmed on location in Plum Village, France, gives an overview of the concrete practices that help bring awareness to our breath, body, and mind in each moment. Members of the monastic and lay community of Thich Nhat Hanh demonstrate and talk about their experience with essential mindfulness practices such as: Sitting and Walking Meditation, Beginning Anew, Deep Listening, Loving Speech, and many others.

£15.00 DVD running time: 120 minutes, English & Spanish soundtracks

Mindful Movements: 10 Exercises for well-being (DVD)

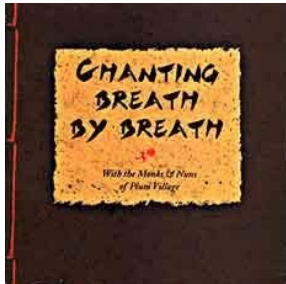


Initially developed as stretching breaks between long periods of sitting meditation, the *Ten Mindful Movements* have become a popular tool to reduce stress and tension. These simple and effective movements, based in yoga and Tai Chi, can increase mental, emotional, and physical well-being, and are suitable for people with a wide range of physical abilities. Each exercise is fully illustrated. The book includes a 35-minute DVD of Thich Nhat Hanh and members of the Plum Village Sangha demonstrating the Mindful Movements.

£14.00 Hardcover 62 pages, DVD running time: 35 min.

CD's

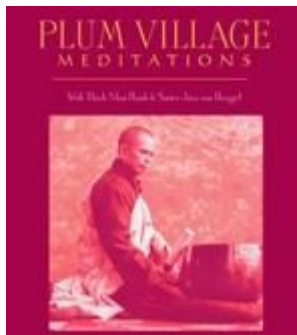
Chanting Breath by Breath (CD)



In Plum Village, the practice of chanting in English is a flower, slowly blossoming. The chants and music on this CD are some of the first petals to open on this beautiful flower. Chanted by the resident community of Plum Village in 2002, these recordings include most of the chants contained in the book, *Chanting from the Heart*, some live tracks from a monastic precepts ordination ceremony and a traditional incense offering chanted by Thich Nhat Hanh in Vietnamese.

£16.00 1 CD running time: 60 minutes

Plum Village Meditations (CD)

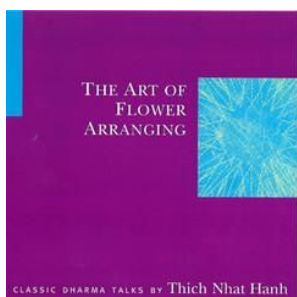


When we listen to the meditation bell, teaches Thich Nhat Hanh, we calm our thoughts and restore ourselves. *Plum Village Meditations* brings you four authentic meditations just as they are taught at this celebrated Zen sanctuary and peace centre in southern France.

These direct teachings from Plum Village include a 45-minute bell-sounding meditation introduced and rung by Thich Nhat Hanh, plus three additional guided meditations led by Sister Jina van Hengel: conscious breathing for calming the mind and cultivating joy; body appreciation and attunement practice; and transforming your anger into seeds of kindness.

An ideal support for a daily sitting practice, these meditations grow more fruitful each time you return to them. **£15.00 CD running time: 1hr 30 minutes**

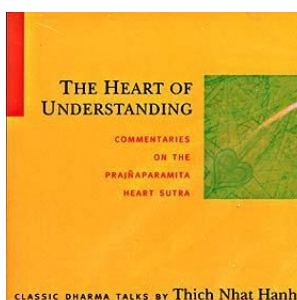
The Art of Flower Arranging (CD)



In this classic talk, Thich Nhat Hanh uses flower arranging as a metaphor for establishing harmony both within ourselves and in our families. Thay, as his followers call him, says: "Beauty is the aim of our art, of our action. We want to arrange flowers because we want life to be beautiful. If you take care of your flower, you will become fresh, smiling, and you will recognize people around you as flowers too. In that way you have been rearranging these flowers, making them smile again."

£16.00 CD running time: 75 minutes

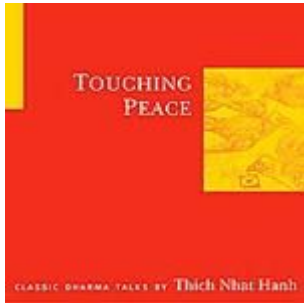
The Heart of Understanding - Commentaries on the Heart Sutra (CD)



In this recording, Thich Nhat Hanh lectures on the Heart of the Prajñāpāramitā Sutra, which is regarded as the essence of Buddhist teachings. To this day, the Heart Sutra is recited daily in Mahayana temples and practice centres throughout the world. , Thich Nhat Hanh offered this lecture at Green Gulch Farm in Muir Beach, California, on April 19, 1987.

£19 .00 2 CD running time: 2 hours 5 minutes

Touching Peace (CD)



With *Touching Peace*, Thich Nhat Hanh continues the teachings begun in *Being Peace*. He teaches us how mindful breathing and the awareness of what is refreshing and healing within us can be used as the basis for examining the roots of war, violence, alcoholism, drug abuse, and social alienation. The talk concludes with his vision for rebuilding society through strengthening our families and communities, and realizing the ultimate dimension of reality in each act of our daily lives.

£15.00 **2 CD's running time: 110 minutes**