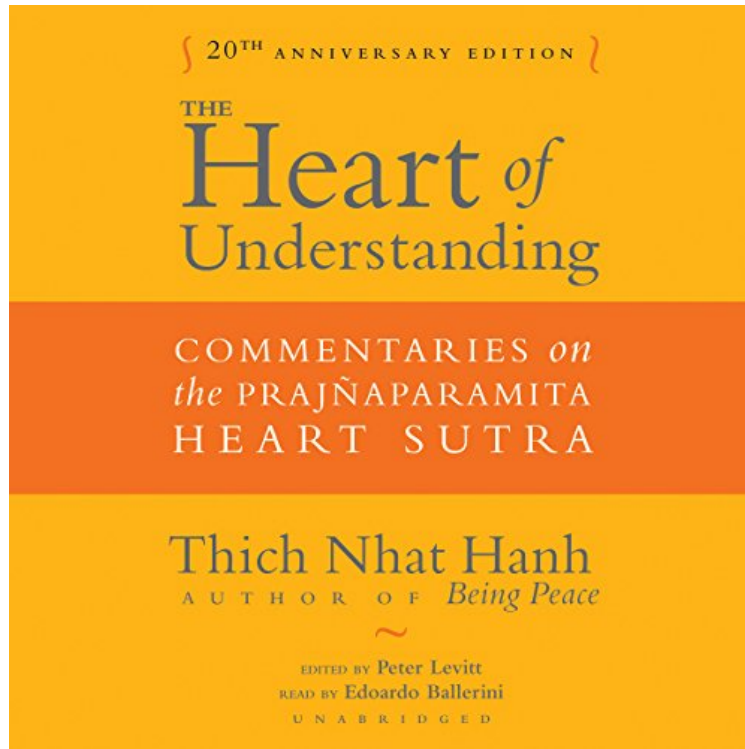


[Ebook pdf] The Heart of Understanding, Twentieth Anniversary Edition: Commentaries on the Prajnaparamita Heart Sutra

The Heart of Understanding, Twentieth Anniversary Edition: Commentaries on the Prajnaparamita Heart Sutra

Thich Nhat Hanh

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Thich Nhat Hanh : The Heart of Understanding, Twentieth Anniversary Edition: Commentaries on the Prajnaparamita Heart Sutra before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Heart of Understanding, Twentieth Anniversary Edition: Commentaries on the Prajnaparamita Heart Sutra:

4 of 4 people found the following review helpful. Truly the Heart of Understanding Buddhism By Nick Nicholas, MSW This is a marvelous text which with simple but direct language explains some of the most baffling riddles of Buddhism: "form is emptiness, emptiness is form. ... all dharmas are marked with emptiness; they are neither produced nor destroyed, neither defiled nor immaculate, neither increasing nor decreasing." Many who read such writings proclaim that Buddhism is incoherent, but Thich Nhat Hanh beautifully and simply -- and briefly -- explains the truth of these apparently irreconcilable statements. The accessibility of his writing is remarkable. Although the book is short -- a mere 54 pages -- it should be read slowly and with a thoughtful and contemplative attitude. Thich Nhat Hanh is explaining some of the core tenets of Buddhist thought, and one should not rush through his exegesis. Every sentence is to be savored and rolled around in the mind a bit, just as the Heart Sutra itself is. This is the text I send others to who want to know more about Buddhism. The elements can be found in this slim, easy-to-read volume, 0 of 0 people found

the following review helpful. A Tool for Peace and Happiness By A. Reader I realized early on this is not a book to be read at one sitting (even though it is not large). Nor is it a book that can be read and then laid on the shelf, allowed to collect dust. To gain the knowledge it contains, one must be willing to consider the teachings until assimilated. I learned that many chant or recite the Prajnaparamita Heart Sutra on a daily basis. I was amazed at the number of highlights I had created by the time I reached the last page. Normally I quickly devour a book, but this was a book I read slowly, repeating passages until I felt I had at least a laymans grasp of what author Thich Nhat Hanh was instructing. Buddhism is a clever way to enjoy life, he says early on, and I found myself smiling. I understood him to mean this was not a trick, but learning a different way of thinking. The book breaks the Heart Sutra into small sections. The author first offers an overview of the lines to be taught before giving examples to enable understanding. While the examples are clear, one is forced to suspend reading and think in order to assimilate the knowledge before moving on. There are concepts presented that are counter to what most of us have been taught. The author talks of obstacles, which I likened to getting out of our own way in order to discover something new. The last chapter talks about meditation, advising the Buddhist meditation is practiced to bring about immediate results. If we sit for twenty minutes, these twenty minutes should bring us joy, life. Meditation is meant to bring about understanding, and peace and happiness in your daily life means peace and happiness in the world. Recommended for all. Five stars. 2 of 2 people found the following review helpful. Essential text for the Western student of Buddhism By Griffin Johnston If you are vaguely familiar with the concepts of buddhism, and want to really dive into the body of scripture, this is a great start. Well written, great translations, and the commentary is easy to understand and beautifully laid out. He also dives into the history of each scripture and provides alternate translations and texts to dive through. If you have even a passing interest in buddhist teaching and want to get a better understanding of the source material and history of the religion/philosophy, I can't recommend enough.

In this modern classic, world-renowned Zen master Thich Nhat Hanh presents a clear, concise translation and commentary of the Heart Sutra - the world's most popular piece of Buddhist scripture. Comprising only 632 Chinese characters, the Heart Sutra is Buddhism in a nutshell. Despite its brevity, this powerful work covers more of the Buddha's teachings than any other scripture, and its influence is more profound and wide-reaching than any other text in Buddhism. Thich Nhat Hanh's translation and commentary is regarded as the most simple, clear, concise, and understandable available. He describes the sutra as "a precious gift to us, the gift of fearlessness," offering subtle and profound teachings on non-duality and the letting go of all preconceived notions, opinions, and attachments, thereby becoming open to all the wonders of our life.