

The book was found

# 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.

## Book Information

Paperback: 96 pages

Publisher: Parallax Press; Original edition (November 3, 2011)

Language: English

ISBN-10: 193700600X

ISBN-13: 978-1937006006

Product Dimensions: 4 x 0.2 x 6 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 110 customer reviews

Best Sellers Rank: #19,238 in Books (See Top 100 in Books) #25 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #150 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #565 in Books > Religion & Spirituality > New Age & Spirituality

## 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 Motherâ™s MemoirMaking 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 an 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.

[Download to continue reading...](#)

Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Making Space: Creating a Home Meditation Practice Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Meditation: Complete Guide To

Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Wine Making: The Ultimate Beginner's Guide To Wine Making - Learn How To Make Delicious Wine At Home (Home Brew, Wine Making, Wine Recipes) Wine Making: For Beginners - Discover The Joyfulness Of Home Wine Making (Home Brew, Wine Making, Wine Recipes) Beginner's Home Recording On A Budget: How to Build an Affordable Recording Studio at Home and Get Your Music Heard (Home Recording, Home Recording for ... Songwriting, Home Studio, Acoustic) INTERIOR DESIGN : The Beginner's guide, organise your home, techniques and principles on art of decoration: Customise your home with us (Home design, home construction, home arranging with style) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Launch Vehicles Pocket Space Guide: Heritage of the Space Race (Pocket Space Guides) Home Sausage Making: How-To Techniques for Making and Enjoying 100 Sausages at Home Manga in Theory and Practice: The Craft of Creating Manga: The Craft of Creating Manga Contracting for Space: Contract Practice in the European Space Sector How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)