

# Living Buddha, Living Christ

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Buddha and Christ each left a legacy of teachings and practices that have shaped the lives of billions of people. If they were to meet today, what would each think of the other's spiritual views and practices? This book explores how the two traditions meet and awakens an understanding of both.

If you have always assumed that Christianity and Buddhism are as far apart philosophically as their respective founders were geographically, you may be in for a bit of a surprise. In this national bestseller, Zen monk and social activist Thich Nhat Hanh draws parallels between these two traditions that have them walking, hand in hand, down the same path to salvation. In Christianity, he finds mindfulness in the Holy Spirit as an agent of healing. In Buddhism, he finds unqualified love in the form of compassion for all living things. And in both he finds an emphasis on living practice and community spirit.

The thread that binds the book is the same theme that draws many Christians toward Buddhism: mindfulness. Through anecdotes, scripture references, and teachings from both traditions, Nhat Hanh points out that mindfulness is an integral part of all religious practice and teaches us how to cultivate it in our own lives. Nhat Hanh has no desire to downplay the venerable theological and ritual teachings that distinguish Buddhism and Christianity, but he does cause one to consider that beyond the letter of doctrine lies a unity of truth. Thich Nhat Hanh is a Vietnamese Buddhist Zen Master, poet, scholar and peace activist. During the Vietnam War his work for peace and reconciliation moved Martin Luther King to nominate him for the Nobel Peace Prize in 1967. He founded the Van Hanh Buddhist University in Saigon and the School of Youth for Social Service. He was exiled as a result of his work for peace but continued his activism, rescuing boat people and helping to resettle Vietnamese refugees. He has written more than 100 books, which have sold millions of copies around the world. He now lives in France where he founded a Buddhist community and meditation centre.

#### Other Books

*The Miracle Of Mindfulness*. In this beautifully written book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how to acquire the skills of mindfulness. Once we have these skills, we can slow our lives down and discover how to live in the moment - even simple acts like washing the dishes or drinking a cup of tea may be transformed into acts of meditation. Thich Nhat Hanh's gentle anecdotes and practical exercises help us to arrive at greater self-understanding and peacefulness, whether we are beginners or advanced students. Irrespective of our particular religious beliefs, we can begin to reap the immense benefits that meditation has been scientifically proven to offer. We can all learn how to be mindful and experience the miracle of mindfulness for ourselves.

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