



## Chanting from the Heart: Buddhist Ceremonies and Daily Practices

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An essential resource for people who practice mindful living, or for anyone interested in liturgy, the newly revised *Chanting from the Heart* reflects Thich Nhat Hanh's contemporary emphasis on ecumenism. The book contains traditional and contemporary chants and recitations for daily spiritual practice; ceremonial texts for special occasions like weddings, remembering the deceased, and honoring Buddha's birthday; and verses for day-to-day activities such as blessing a meal, sweeping, drinking tea, and washing the dishes. Also included are more than 20 discourses comprising some of Buddha's most fundamental teachings, including the Heart Sutra, the Discourse on the Mindfulness of Breathing, the Discourse on Happiness, the Discourse on Taking Refuge in Oneself, and the Discourse on Love. This lovely book is a quintessential reference for Buddhist practitioners on any level of experience and for anyone who wants to celebrate life and the art of mindful living.

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