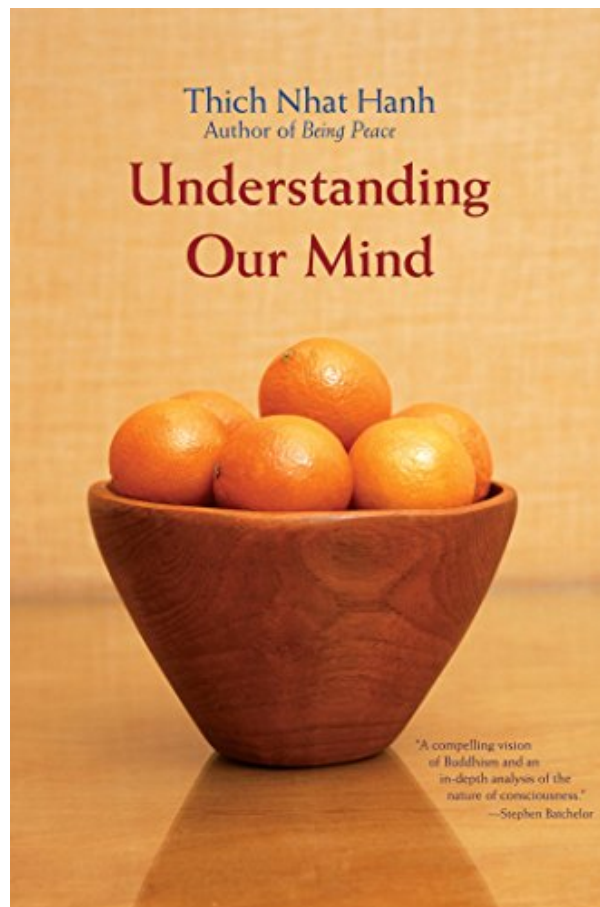
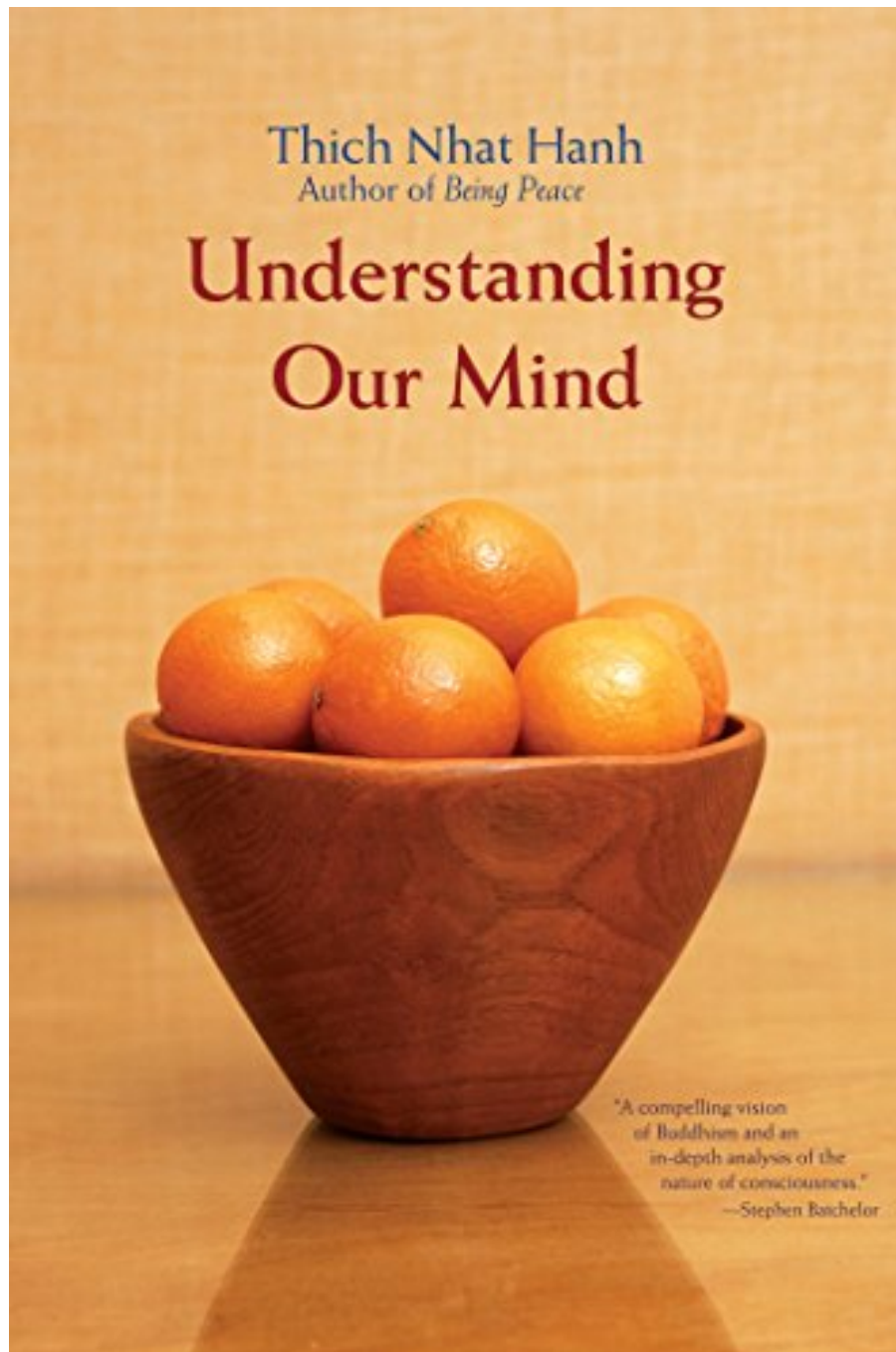


UNDERSTANDING OUR MIND: 51 VERSES ON BUDDHIST PSYCHOLOGY BY THICH NHAT HANH



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A finalist for the 2001 Nautilus Award, *Understanding Our Mind*, is Thich Nhat Hanh's profound look at Buddhist psychology with insights into how these ancient teachings apply to the modern world. Based on the fifty verses on the nature of consciousness taken from the great fifth-century Buddhist master Vasubandhu and the teachings of the Avatamsaka Sutra, Thich Nhat Hanh focuses on the direct experience of recognizing, embracing, and looking deeply into the nature of our feelings and perceptions. Presenting the basic teachings of Buddhist applied psychology, *Understanding Our Mind* shows us how our mind is like a field, where every kind of seed is planted—seeds of suffering, anger, happiness, and peace. The quality of our life depends on the quality of the seeds in our mind. If we know how to water seeds of joy and transform seeds of suffering, then understanding, love, and compassion will flower. Vietnamese Zen Master Thuong Chieu said, "When we understand how our mind works, the practice becomes easy."

- Sales Rank: #175218 in eBooks
- Published on: 2002-02-09
- Released on: 2002-02-09
- Format: Kindle eBook

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Potentially Life-Changing

By S. Svenson

While I agree with the other reviewers that the subject matter of this book is complex, my experience has been that upon completion, all the pieces fall into place with incredible grace. In a nutshell, we need to practice nourishing the seeds (content) of our consciousness--and unconsciousness--with mindfulness. Mindfulness is the sunshine that nourishes 'wholesome' seeds and enables the transformation of 'unwholesome' seeds, such as anger, envy and desire into peace, love and compassion. What then is mindfulness? Mindfulness is a continuous practice that includes meditation and an effort to live healthily and happily in the present moment, as opposed to regretfully in the past or fearfully in the non-existent future. Suffering occurs because our mind distorts our perceptions and we mistake perception for reality, arriving at erroneous conclusions about the people, places and events that surround us. Once we realize this and begin to achieve greater levels of mindfulness through practice and meditation, we can begin to transform suffering into joy. So, yes, while some of the ideas in this book are complex (such as the concept of interbeing) its essences is elegant in its simplicity.

Incidentally, my father was a Freudian Psychoanalyst and over the course of my life (45) I have spent many hours with him discussing the role of the unconscious in relation to our everyday impulses and actions. I also went through 5 years of intensive psychoanalysis as a young adult. The conceptual base presented in *Understanding Our Mind* is not altogether different from Freud's treatment of the unconscious. As the author himself points out, the main difference is that Freud emphasizes examining past events rather than transforming their manifestations as mental formations in the present (p.232). I am just now embarking on

the path of practicing mindfulness, yet I have little doubt that it will surpass the results achieved through traditional psychoanalytic therapy.

23 of 23 people found the following review helpful.

An Excellent Intermediate to Advanced Resource on Buddhist Thought

By D. Buxman

As noted by another reviewer, this is not an easy book to read and it's not something to be tackled in large segments. Each of the fifty chapters should be closely examined and considered before moving on to the next. Sometimes, in the context of books on Eastern Philosophy, this is a result of translation or editing problems, however, with this book, it is simply a matter of an incredibly complex subject.

If you are curious about your mind and its ability to transform your world, you will really enjoy this book. If you want to understand meditative techniques, this book is an excellent resource as well. If you are contemplating the purchase of your first book on Buddhism, I would suggest another path, perhaps "Turning the Mind into an Ally," by Sakyong Mipham, which is by no means simple, but well-adapted to communicating with the Western Mind. I would also suggest Thich Nhat Hahn's book "The Miracle of Mindfulness," as a good starting point.

0 of 0 people found the following review helpful.

Five Stars

By Phillip B

A clear and yet profound discussion of Buddhist psychology that is a must read for all practitioners.

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