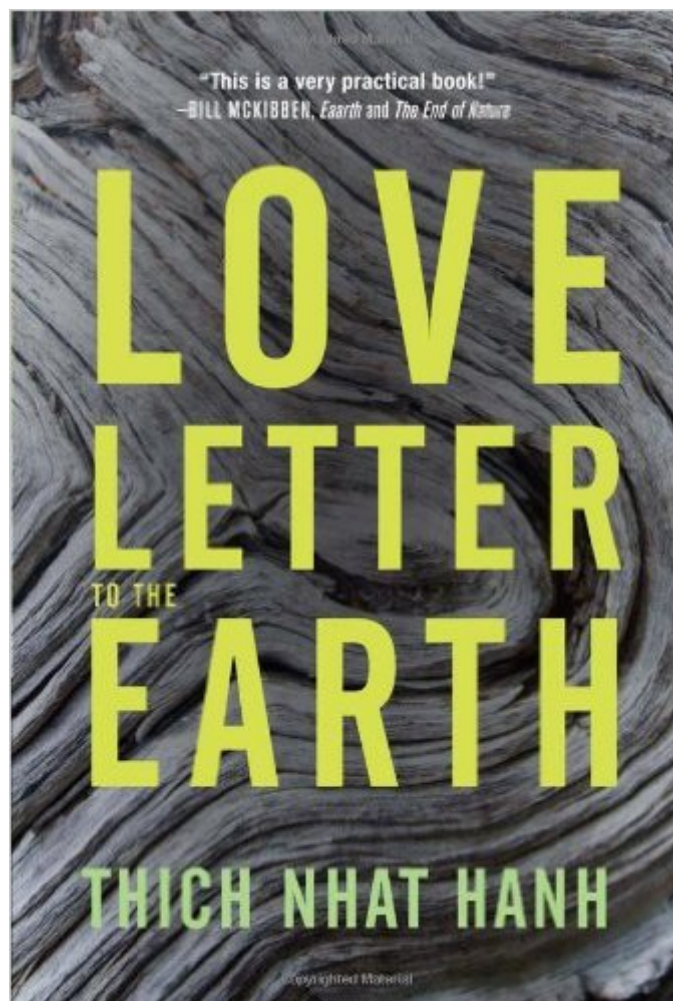


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# Love Letter To The Earth



## Synopsis

While many experts point to the enormous complexity in addressing issues ranging from the destruction of ecosystems to the loss of millions of species, Thich Nhat Hanh identifies one key issue as having the potential to create a tipping point. He believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh points to the lack of meaning and connection in peoples' lives as being the cause of our addiction to consumerism. He deems it vital that we recognize and respond to the stress we are putting on the Earth if civilization is to survive. Rejecting the conventional economic approach, Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change. Love Letter to the Earth is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same.

## Book Information

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## Customer Reviews

Where to start? Maybe by saying thank you, Thay. Thich Nhat Hanh realizes that we can't mitigate our ecological predicament with more technology, or by buying stuff no matter how "green." Instead, we need to fundamentally change the way we relate to ourselves, to each other, and to the Earth. We must come home to the Earth. It is time to realize that not only are we in nature all the time, we are nature. There is no separation between us and the Earth. The Earth made us from herself over billions of years, and sustains us every day with food, water, and air. The way to realize this

connection is through mindfulness. Mindfulness is "a nonjudgmental awareness of all that is happening inside us and around us." Mindfulness means being wholly present with whoever you're with, or whatever you're doing. Not planning for the future, or rolling in the past, or wanting something you don't have. Mindfulness is cultivated by simply observing the breath and the body, both during meditation and during every daily task. In this way we begin to realize that everything we need to be happy is right here. We begin to realize that everything is transient, and transforms from one form to another. When we take this simple and concrete action, not only do we gradually bring our lives into alignment with the needs of the Earth, we become happier. Thich Nhat Hanh's writing, as always, is so simple, and full of compassion and insight. For example: "A bodhisattva is a living being who has happiness, awakening, understanding, and love.... Anyone who cultivates love and offers a lot of happiness to others is a bodhisattva. When we look at our planet, we know that the Earth is the most beautiful bodhisattva of all. Don't search for a bodhisattva in your imagination.

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