



Plum Village Meditations

Thich Nhat Hanh

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When we listen to the meditation bell, teaches Thich Nhat Hanh, we calm our thoughts and restore ourselves. Plum Village Meditations brings you four authentic meditations just as they are taught at this celebrated Zen sanctuary and peace center in southern France. These direct teachings from Plum Village include a 45-minute bell-sounding meditation introduced and rung by Thich Nhat Hanh, plus three additional guided meditations led by Sister Jina van Hengel: conscious breathing for calming the mind and cultivating joy; body appreciation and attunement practice; and transforming your anger into seeds of kindness. Ideal support for a daily sitting practice, these meditations grow more fruitful each time you return to them. Digitally recorded live at Plum Village.

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