



The Heart of Understanding

Thich Nhat Hanh

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The Heart of the Prajaparamita Sutra is regarded as the essence of Buddhist teaching. It is recited daily in Mahayana temples and practice centers throughout the world. *The Heart of Understanding* offers a recording of Thich Nhat Hanh's lecture on the Heart Sutra at the Green Gulch Zen Center in Muir Beach, California, on April 19, 1987.



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