



Freedom Wherever We Go: A Buddhist Monastic Code for the Twenty-first Century

Thich Nhat Hanh

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In *Freedom Wherever We Go*, Zen Master Thich Nhat Hanh takes the centuries –old Buddhist monastic code, the Pratimoksha, and updates it for the twenty-first century. "The Buddha," Thich Nhat Hanh says, "needs courageous disciples to make this revolutionary step."

The Buddhist equivalent of the rules of Saint Benedict, the Pratimoksha defines and organizes the conduct of monastics and of the monastic community. The guidelines in this book emphasize right conduct, mindfulness, openheartedness, and clear communication. This is the first time that this text is available to lay practitioners and non-monastic readers.

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