

# **Download A Simple Path Basic Buddhist Teachings By His Holiness The Dalai Lama Pdf**

Thích Nhất Hạnh (/ ʧ ɪ k ɨ t ɨ h ɨ n /; Vietnamese: [tʰɨk ɨt hâj ɨt ɨn]; born as Nguyễn Xuân Báo on October 11, 1926) is a Vietnamese Buddhist monk and peace activist, founder of the Plum Village Tradition. A statue of the Buddha from Sarnath, Uttar Pradesh, India, 4th century CE. The Buddha is depicted teaching in the lotus position, while making the Dharmacakra mudra.