



Transformation at the Base: Fifty Verses on the Nature of Consciousness

Thich Nhat Hanh

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A finalist for the 2001 Nautilus award, *Transformation at the Base* is a profound look at Buddhist psychology with insights into how these ancient teachings apply to the modern world.

Thich Nhat Hanh focuses on the direct experience of recognizing, embracing, and looking deeply into the nature of our feelings and perceptions. Presenting the basic teachings of Buddhist-applied psychology, he shows us how our mind is like a field, where every kind of seed is planted—seeds of suffering, happiness and joy, and sorrow and fear. The quality of our life depends on the quality of the seeds in our mind. If we know how to water seeds of joy and transform seeds of suffering, then understanding, love, and compassion will flower.

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