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When you are in that place in you, and I am in that place in me, we are One."
Namaste' Thich Nhat Hanh was asked what we need to do to save our world. "What
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The Buddhist monk Thích Nhất Hạnh tells of a monk who decides to meditate in a

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boat in the middle of a lake. After a few hours of silence, he suddenly feels another boat hitting his.

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Ewan Aitken

Pandemic has exposed the limits of modernity. It is time to reflect on the illusory character of our inflated egos, the way we live.

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The quest for solitude is a contradiction to the very nature of our society where noise and busyness abound and our purpose is to be found in our doing something ...

Beads of prayer

And every time you go there and recognize a condition of happiness that you have, happiness comes." — Thich Nhat Hanh 30. "It is indeed true that by practicing yoga we gradually improve our ...

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A meditative film about a monastic community who have dedicated their lives to mastering the art of mindfulness with their world-famous teacher, Thich Nhat Hanh. (2017) This program was published 1 ...

Walk With Me

A few years ago, I traveled to practice meditation at Plum Village, a rural mindfulness community near Bordeaux, France, founded by Zen master Thich Nhat Hanh ... through the same postures ...

Sthira-Sukham Asanam: Cultivating Comfort and Steadiness

Where: Royal Whanganui Opera House. Details:

wanganuicompetitions.weebly.com. Ticket price: Festival Pass Adult \$17.50 / Child U18 \$12.50 / Day Pass Adult \$12.50 / Child U18 \$7.50. □ SHARE AND CREATE ...

Whanganui Happenings: What's on

Thich Nhat Hanh "Never let your head hang down. Never give up and sit down and grieve. Find another way. And don't pray when it rains if you don't pray when the sun shines." - Leroy ...

10 Inspirational quotes to get rid of your pandemic blues and stay positive

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Thich has pretty much become the norm in 2020 ... Be on the lookout for the S7 at the end of Q1, when you'll pay \$649 for it. The Galaxy Chromebook received a successor at almost half its ...

Best of CES 2021: socially distanced, but innovation nonetheless

There are a few, however, that stand the test of time. From AAA successes to indie hits, here are the best games you should be playing in 2021. To make navigating the list a little easier ...

The best games: 31 games you need to try

When you buy through our links ... The Miracle of Mindfulness' by Thich Nhat Hanh While washing your dishes may be a mundane task for many, Hanh guides the reader through how small moments ...

The 10 best mindfulness books, according to 3 psychologists

Is there anything others have unfairly gained from you? The next six months will be prime time to seek atonement and correction. LIBRA: Sept. 23 – Oct. 22: Libran Zen teacher Thich Nhat Hanh ...

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With a 2.25-inch-thick (5.71-centimeter) mattress made of high-density PU (polyurethane) foam, water repellent tent body, and waterproof rainfly, sounds like

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you should be set against the elements ...

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