

**Present Moment Wonderful Moment: Mindfulness
Verses For Daily Living By Thich Nhat Hanh**

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Thay tells us that the practice of Plum Village is to come back to the present moment and take care of the situation.

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Mindfulness: finding joy in the present moment

We are so busy rushing towards the future and some perceived wonderful event than the present moment, the present moment. Mindfulness is not

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Developed during a summer retreat at Plum Village, Thich Nhat Hanh's meditation center, these charming short verses were collected to help children and adults

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Thich Nhat Hanh is simply one of the easiest, most gentle authors on the practical application of eastern thought available today. Present Moment, Wonderful Moment is

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The general instruction in meditation is to be present, to come back to the present moment. We want to let go of our obsession with the past (often manifesting

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Mindfulness gathas: present moment, wonderful

Waking Up Waking up this morning, I smile. Twenty four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion

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