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Of Thich Nhat Hanh By Thich Nhat Hanh**

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This moment is full of wonders: the zen calligraphy of thich nhat

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The Sutra on the Full Awareness of Breathing offers us exercises to touch all the cells of . Walking to be present and aware of the present moment is also possible. In Plum Village, we practice Zen using the energy of mindfulness and insight but we . When we wake up then we can get in touch with the wonders of life.

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Thich Nhat Hanh teaches mindfulness, the practice of staying in the present for a healthier One calligraphy reads: 'Breathe and enjoy this wonderful moment'. Nhat Hanh says the word 'wonderful' means full of wonders.

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This Moment Is Full of Wonders: The Zen Calligraphy of Thich Nhat Hanh captures the Buddhist author and meditation teacher's brushwork, much of which

Calligraphy with breath, tea, and thich nhat hanh by lauren tepper |

Thich Nhat Hanh begins to create calligraphies on a raised platform in the center of the gallery. "Dwelling in the present moment is the only way to develop peace, both in He describes his process of creating his signature 'Zen circle,' a So, breath and tea and all of life's wonders are in my calligraphy.

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