

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

**By Thich Nhat Hanh**

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**Quotes by Thich Nhat Hanh. An Thich Nhat Hanh -**

Thich Nhat Hanh. Source: Present moment, wonderful moment: mindfulness verses for daily living - Page 13 by Nh t H nh, Mayumi Oda, Annabel Laity

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Present Moment Wonderful Moment. When we dwell in the present moment, we find that our anger, worries, This is the healing power of mindfulness:

### **Present Moment, Wonderful Moment : Mindfulness -**

Present Moment, Wonderful Moment : Mindfulness Verses for Daily Living. Date of Press : January 1, 1990; Author : Thich Nhat Hanh Publisher : Parallax Press

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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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Present Moment, Wonderful Moment is a practical manual, a small but powerful guide to mindful living. It is one of my ten favorite books, and I have high standards.

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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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