

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

By Thich Nhat Hanh

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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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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

Present Moment, Wonderful Moment : Mindfulness -

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Thich Nhat Hanh (Author of Present Moment, -

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They 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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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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