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emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep listening and loving speech are key ways of showing our love.

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To begin with, let's enjoy some of Thich Nhat Hanh's lessons on being loving towards ourselves. 1. When we feed and support our own happiness, we are nourishing our ability to love By giving ourselves love, we have the most to give back to our loved ones.

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This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love.

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public event. Question 1: How do I
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Thich Nhat Hanh Quotes on Love

☐ Drink your tea slowly and reverently,
as if it is the axis on which the world
earth revolves ☐ slowly, evenly, without
rushing toward the future.☐ ☐ You have
to learn how to help a wounded child

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while still practicing mindful breathing.
You should not allow yourself to get
lost in action.

121 Thich Nhat Hanh Quotes about
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This is a 20 minutes guided meditation
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Thích Nhất Hạnh (/ ˈ t ɪ k ɪ n j ɪ t ɪ h ɪ n /; Vietnamese: [tʰĩk̚ ɲ̚ət̚ hâj̚n̚]) (); born as Nguyễn Xuân Bảo on 11 October 1926) is a Vietnamese Thiền Buddhist monk, peace activist, and founder of

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the Plum Village Tradition.. Thích Nhất Hạnh spent most of his later life residing at the Plum Village Monastery in southwest France, travelling internationally to ...

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