

WISE WORDS OF PEACE PILGRIM



Watch her final interview

<https://www.youtube.com/watch?v=9quwdkC1PFU>

“To those who feel depressed I would say

Try keeping your surroundings full of beautiful music and lovely flowers

Try reading and memorising thoughts that inspire.

Try making a list of all the things you have to be thankful for .

If there is some good thing that you have always wanted to do, start doing it.

Make a meaningful schedule for yourself and stick to it.

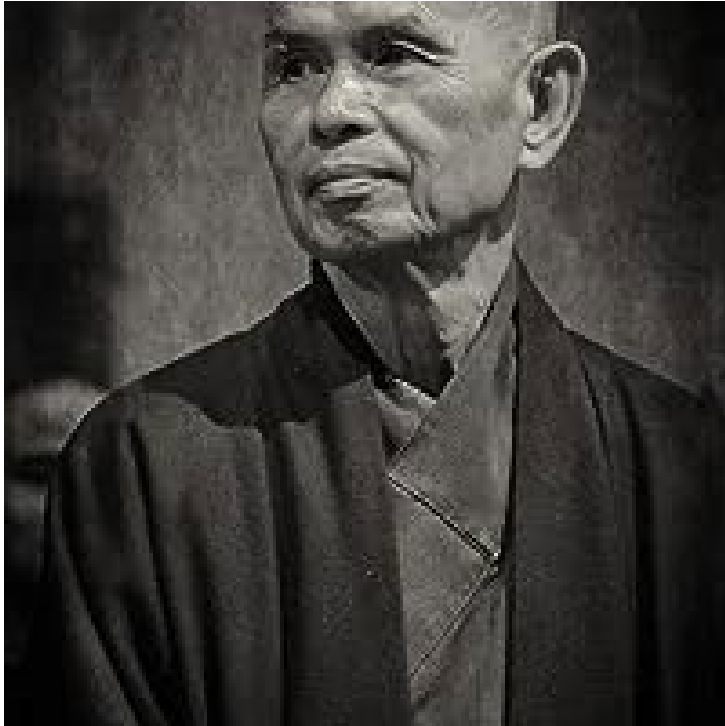
Although others may feel sorry for you, never feel sorry for yourself. It has a deadly effect on spiritual well-being. Recognise all problems, no matter how difficult, as opportunities for spiritual growth and make the most of these opportunities.

All people can be peace workers.

Whenever you bring harmony into any unpeaceful situation, you contribute to the total peace picture. Insofar as you have peace in your own life, you reflect it to your surroundings and into the world.”

Thich Nhat Hanh

(?)



“Let us be at peace with our bodies and our minds.
Let us return to ourselves and become wholly ourselves.
Let us be aware of the source of being,
common to us all and to all living things.
Evoking the presence of the Great Compassion,
let us fill our hearts with our own compassion—
towards ourselves and towards all living beings.

Let us pray that we ourselves cease to be
the cause of suffering to each other.
With humility, with awareness of the existence of life,
and of the suffering that are going on around us,
let us practice the establishment of peace in our hearts and on
earth.”

Short video

Practicing Non Fear | Teaching by Thich Nhat Hanh

<https://www.youtube.com/watch?v=ObfJfA9q3ho>