

Thich Nhat Hahn

The Sun my Hearth

Walk and touch peace at all times; keep in mind that the river must flow and that we are going to follow it. Be aware of every little stream that adds to its waters and at the same time of all thoughts, sensations, and feelings that arise in us - of their birth, duration, and disappearance. Do you see? Now your resistance begins to loosen. The river of perceptions is still flowing, but no longer in darkness. It is now flowing in the sunlight of awareness. To keep this sun always shining inside of us, illuminating each rivulet, each pebble, each bend in the river, is the practice of meditation.

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