

Mindfulness Makes Life Beautiful and Meaningful

A quote from Thich Nhat Hahn

Mindfulness makes life beautiful and meaningful.

When I am mindful of my **in-and-out breath** and relax my whole body,

I am in touch with **how good it is to be alive.**

I am in touch with **my state of health**

and **feel grateful** for everything that is going well in my body.

Then with mindfulness I can be aware of the **beauty of the sky,**

the **smile of the flower,**

the **singing of the birds.**

I can be deeply **in touch** with my own **suffering**

and **hold it with love and tenderness,**

rather than suppressing it or running from it.

Because I can be truly **present for myself,**

I can be truly **present for those I live with,**

listening deeply to them

and **speaking** words that inspire **hope** and **self-confidence.**

In this way, I can **bring joy to someone** each morning

and **relieve the pain of someone** each afternoon.

