



"Someday, with no effort at all, you will understand. You only have to allow yourself to be there, to touch deeply each thing you encounter, to walk mindfully, and to help others with the whole of your being. This is the practice of non-practice."

-Zen Master Thich Nhat Hanh

Plum Village Friday Night Mindfulness Practice

'Cultivating the Mind of Love'

In the coming 2 months, we will be reading Zen Master Thich Nhat Hanh's book 'Cultivating the Mind of Love'. In this book, Thich has given a most unusual Dharma teaching: the story of his first love. He pairs these personal memories with his insightful commentaries on classic Buddhist teachings, including the Diamond Lotus, Avatamsaka, and Vimalakirti Sutras. In combining personal experience and Dharma teachings, Thich allows his readers to experience and to appreciate what is human and wonders in all of us. He shows us how to cultivate our own "mind of love", how to bring joy and hope to ourselves and those around us.

Dates: **2023 Jan 6 (English, Zoom)** **2023 Jan 20 (Cantonese, in Central)**
2023 Feb 3 (English, Zoom) **2023 Feb 17 (Cantonese, in Central)**

Time: **07:30 PM - 09:15 PM (Zoom)**

07:00 PM - 09:00 PM (in Central)

Registration:

Central Address: **Room 1701, 121 Des Voeux Road Central, Far East Consortium Building, Central**



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