Thich Nhat Hanh – The miracle of mindfulness

Meditation is not evasion, it is a serene encounter with reality.

There are two ways to wash the dishes. The first one is to wash the dishes in order to have clean dishes and the second is to wash the dishes in order to wash the dishes. When you are washing the dishes, washing the dishes must be the most important thing in your life.

While drinking the cup of tea, we will only be thinking of other things, barely aware of the cup in our hands. Thus we are sucked away into the future and we are incapable of actually living one minute of life.

The breath is the bridge from our body to our mind. A proper breathing is more important than food.

We ought to listen to music or sit and practice breathing at the beginning of every meeting or discussion.

The word service is so immense. Let’s return first to a more modest scale: our families, our friends, our own community. We must live for them – for, if we cannot live for them, whom else do we think we are living for? We must live right now with the people around us, helping to lessen their suffering and making their lives happier.

Set up a day of mindfulness, each movement should be done calmly, measure your steps with quiet, long breaths, maintain a half smile. Resolve to do each job in a relaxed way, with all your attention. Maintain a spirit of silence throughout the day. Cook the meal and wash the dishes in mindfulness.

Buddhists call the objects of mind the dharmas. The dharmas are grouped in five categories:

Bodily and physical forms, feeling, perceptions, mental functionings, consciousness.

Overcoming revulsion and fear, life will be seen as infinitely precious, every second of it worth of living.