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2016 Thich Nhat Hanh Wall Calendar

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The words of Vietnamese Buddhist monk, poet, and activist Thich Nhat Hanh remind us how to find and make peace with reflection-inspiring art by Adam Guan.

Monthly Quotes:

January: The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.
February: Let us share the vision. And make it possible for great love to arise.
March: Be yourself. Life is precious as it is. All the elements for your happiness are already here. There is no need to run, strive, search, or struggle. Just be.
April: If you love someone, the greatest gift you can give them is your presence.
May: To be beautiful means to be yourself. You donÍt need to be accepted by others. You need to accept yourself.
June: With the light of wisdom we leave behind the forest of confusion. With determination we learn, reflect, and practice.
July: The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, a gentle wind blows. With each step, a flower blooms.
August: To love is first of all to accept yourself as you actually are.
September: DonÍt chase after your thoughts as a shadow follows its object. Find joy and peace in this very moment.
October: When we restore peace within ourselves, we have a chance to restore peace within others.
November: If you are capable of living deeply one moment of your life, you can learn to live the same way all the other moments of your life.
December: Our smile affirms our awareness and determination to live in peace and joy. The source of a true smile is an awakened mind.

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