

## **Come Home to Yourself in the Here and in the Now**

When I was a child, I was briefly sexually molested by an adult male, and although I was only ten years old at the time, I felt guilty for many years, as if I had somehow caused this incident. Thich Nhat Hanh and his teachings brought me home to myself in a positive way and enhanced my life in many other ways!

In 1998, I attended my first retreat with Thay, and I had the privilege of attending retreats with him every year through 2009, largely in the US but also twice in Plum Village, as well as on his second trip to Vietnam, followed by his trip to Buddhist sites in India. On my first retreat, I heard very clearly his instruction to have “love, compassion, and understanding for yourself and then reach it out to others.” Thay’s teachings in clear, straightforward language without complex rituals, gods, and goddesses spoke to me in a way that I could hear and understand. I took the Five Mindfulness Trainings in 1998 and the Fourteen Mindfulness Trainings in 2001. I attended my last retreat with Thay in 2013.

I have attended a local sangha in Thay’s tradition for 23 years, and I feel exceedingly grateful for this opportunity.

Thay shares with us, not only how to live happily in the present moment, but also how to deal with suffering, anger, and other difficult, as well as positive, feelings and thoughts. As my impermanence manifests, I remain exceedingly grateful to our wonderful teacher!

I have arrived

I am home

In the here and in the now

I am solid

I am free

In the ultimate, I dwell

A lotus for each of you,