



# Thich Nhat Hanh 2017 Mini Calendar

*Brush Dance and Adam Guan*

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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 practice of peace and reconciliation is one of the most vital and artistic of human actions. - Thich Nhat Hanh

February: Let us share the vision. And make it possible for great love to arise. - Thich Nhat Hanh

March: Peace begins with each of us taking care of our bodies and minds everyday. - Thich Nhat Hanh

April: 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. - Thich Nhat Hanh

May: With each step, a gentle wind blows With each step a flower blooms. - Thich Nhat Hanh

June: Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment. - Thich Nhat Hanh

July: Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life. - Thich Nhat Hanh

August: We have more possibilities available in each moment than we realize. - Thich Nhat Hanh

September: We are here to awaken from our illusion of separateness. - Thich Nhat Hanh

October: I am determined to speak truthfully - with words that inspire self-confidence, joy and hope. - Thich Nhat Hanh

November: With hearts established in mindfulness, we are truly present. - Thich Nhat Hanh

December: You are not an observer, you are a participant. - Thich Nhat Hanh

## Details and Dimensions:

7" x 7"

Durable cover and punch hole

Quotes on each page

Full color art

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