



"When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love"

- Thich Nhat Hanh



Dear friends,

Warm greetings to you from Ahimsa Trust. We hope you and your loved ones are doing well.

We would like to thank you for the overwhelming response we received to our online weekly session on **Mindfulness Meditation** which we started last Saturday. Our apologies to our friends who could not join in because the number of members exceeded the Zoom limit we had anticipated. We have now increased the capacity (thanks to the generosity of one of our donors) and so everyone should be able to join. It was a truly nourishing experience for us to organise this and we do hope the practices in the tradition of **Thich Nhat Hanh** can reach out to many. May you all benefit from this, especially at this time, when we are going through so much uncertainty.

The practice of Mindfulness Meditation helps to create an energy that allows us to be present in the here and the now. In these times of unprecedented change when we are unsure of our future and

many of us are experiencing anxiety and even fear, the practice allows us to both appreciate the conditions of happiness that we have and to transform our afflictive emotions with a calm and ease.

Ahimsa Trust would like to invite you for an online session of mindfulness, **every Saturday from 6 pm to 6.45 pm Indian Standard Time**. (If you are based out of India kindly use the link <https://www.thetimezoneconverter.com/> to check your time zone).

These sessions will be led by **Dharmacharya Shantum Seth**, who was ordained as a Dharma Teacher by Thich Nhat Hanh in 2001. He will be offering a talk, guiding us through a meditation and responding to some questions. We may have some sharings from some members of Ahimsa Trust as well.

As we have a large number of people joining us, please note that when you sign in, it is best to keep your **audio on mute and video off**. We will sign in and maintain silence for a few minutes to take this time to connect with ourselves before the session starts. If any of the participants has any concerns during the programme please use the **Chat option** and send **Shalini Law** a message on **private mode**. We understand that some of you would like Dharmacharya Shantum to take up some of your questions. For that we request you to kindly email your questions to ahimsa.trust@gmail.com earlier and he shall try and respond to some of them.

Please log in 5 minutes earlier so that we can start the practice together on time. The link to the online session of mindfulness is provided below. To join in please click on the link which is provided under 'Join Zoom Meeting'. You will have to enter the Meeting Id and the Password mentioned below.

Looking forward to connecting on this virtual platform and practicing together.

A lotus for you,
*Ahimsa Trust

**Ahimsa is a volunteer non-profit organisation representing Thich Nhat Hanh and his community in India; working towards bringing peace and mindfulness to various facets of society including education, culture, social and ecological development and responsible tourism. To contribute to Ahimsa Trust please click on the link*
<http://www.ahimsatrust.org/contribute%20to%20ahimsa.html>

www.ahimsatrust.org

Topic: Ahimsa Trust Weekly Meditation Session

Time: Every Saturday 06:00 PM to 6:45 PM India Standard Time

Join Zoom Meeting

<https://us02web.zoom.us/j/86741636190?pwd=Y0Y1NVNZNWnhoSXd0VmJmM0RZbnlSUT09>

Meeting ID: 867 4163 6190

Password: 868417