



"The river must be calm in order to reflect the full moon." - Thich Nhat Hanh

09th May 2022

Dear friends,

Please join us online with your family and friends for an **Evening of Mindfulness** to commemorate **Buddha Purnima**, marking the Buddha's Birth, Nirvana and Mahaparinirvana.

This is the first time that we are meeting for Vesak since Thich Nhat Hanh passed away in January, and we are delighted to have **4 senior monks of Thay's Plum Village tradition join us in India.**

As we edge out of this period of great collective suffering caused by the Covid pandemic, and we look to make sense of our reality, we are reminded of the preciousness of taking refuge in the Dharma. We are grateful in the way that Thay brought those ancient teachings of the Buddha that were born in India, alive in such a contemporary way. As he often said, we have to take care of the compost to grow beautiful flowers; that the lotus and mud inter-are.

Date: Monday, the 16th of May 2021

Time: 6.30 p.m. onwards (Indian Time) (If you are based outside of India, kindly use the link <https://www.thetimezoneconverter.com/?t=6%3A00%20PM&tz=India&> to check your time zone)

Venue : Online on Zoom/YouTube

Join Zoom Meeting

<https://us02web.zoom.us/j/81694361440>

Meeting ID: 816 9436 1440

Passcode: 995979

We will also be Live streaming on **YouTube**. The link is: <https://youtu.be/-GOva15a8lk>

You can subscribe to our YouTube channel **Buddha Path - Ahimsa Trust**.

Please click on either the Zoom or YouTube link to join us. Do sit comfortably in front of your screens a few minutes before 6.30 pm, so that we are able to connect with each other with an attentive presence.

Dharma Talks, Chanting and Practices will be offered by **Brother Phap Luu, Brother Phap Xa, Brother Phap Khoi, Brother Phap Tri, Dharmacharya Shantum and volunteers of Ahimsa Trust.**

Do keep a **candle (and matchbox)** so that we can make an **offering of light at the end of our formal session.**

We look forward to being together as a community of practice, under the light of the same full moon, even if we are sitting away from each other.

At this time of the lingering pandemic, we are aware that both mental health is important. We have been offering regular meditation practices and retreats online since and continue with our outreach of bringing mindfulness to schools, colleges, corporates, the police force and others.

Ahimsa Trust had been actively involved in bringing help to affected families and communities especially in Dehradun and 6 villages around Shantiniketan in Bengal, where we have worked for over 20 years in community development. If you want to support or volunteer with us, you are most welcome.

A lotus for you,
Ahimsa Trust

(Thich Nhat Hanh Sanghas in Delhi/Noida/Gurgaon/Dehradun)

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*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. Ahimsa is setting up a Mindfulness Practice Center (Jamun Village) in Dehradun. To contribute to Ahimsa Trust please click on the link <https://ahimsatrust.org/contribute/>

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