



Your Daily Practice

Episode 8

America's Racial Karma And A Tribute To Thich Nhat Hanh
With Dr. Larry Ward

Here's the practice I'd like for you to do this week in honor of Thich Nhat Hanh and Larry Ward's teachings. It's very simple. Let's go for a walk in silence.

When I first met Thich Nhat Hanh (Thay), it was on the bluffs of UCSB where he led us in a silent meditative walk along the edge of the ocean. The monks and the nuns were in their brown robes, walking behind him.

And the slowness of his gentle walk on the earth was a teaching in itself. It taught us to feel where our feet are stepping and look at what's around us right here right now.

1. Take a break.
 - Leave your phone at home.
2. Go for a silent meditative walk.
 - Carry on Thay's teachings by walking gently on the earth for yourself and for all beings that we are interconnected with.
3. Return back home, where every that is.
 - Come back to the nourishment that exists right here and right now, with something as simple as a silent walk.