



Your Daily Practice

Episode 37

The Way Out Is In With Zen Monk Brother Pháp Hữu

Brother Pháp Hữu teaches from the tradition of Thich Nhat Hanh in Plum Village.

Three practices he teaches are:

1. **Take Care of Your Feelings:** Whether it's anxiety, loneliness, irritability or anger, when feelings arise do the following:

- Name the feeling: Hello, Anger, I see you
- Embrace the feeling with kindness: I am here for you, Anger

2. **Practice Mindful Presence**

- Be present with people you love
- Be present and breath with people who are suffering
- Be present with strangers

3. **Practice Loving Unconditionally**

- Notice what love feels like in your body
- Stay in the place of love a bit longer