

SPRING 2023



Picture : Julie J.

I want to give you 2 small passages of the last book from Plum Village :

ZEN AND THE ART OF SAVING THE PLANET

Take your time to read them slowly and deeply become impregnated with them :

“ One of Thay's most remarkable contributions to the meditation tradition is his emphasis on the importance of nurturing our life force and vitality – bringing a "spring warmth" to our practice. Meditation and mindfulness are not intended to make us like dead wood ;

the practice is there to help us feel more alive and to help us make good use of our energy of vitality and love as a force for good in the world. “

And...

“ In the Buddhist tradition there is a verse reminding every monastic to train in their interactions with the world, to be as gentle and mindful as a bee visiting a flower. Bees feed on a flower's sweet nectar but without destroying the flower's fragrance and beauty. We are all children of the Earth and benefit from its beauty, but in such a way that we respect the Earth, just as a bee respects the flower. “

Have a nice reflection and a nice Spring ! and I'm always delighted to welcome you on Tuesday-evening at 8.20pm...just for the sake of gathering our Spring-Breath, modestly.

Note the date on June the 10th for a silence-day ...sitting- walking outside

With all my love, Josette