

The lesson changes the concept of living and having the happiness from Zen Master Thich Nhat Hanh

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Realizing this inherent problem of human beings, after many years of research and gathering, Zen Master Thich Nhat Hanh gave us deep lessons about human notions and true happiness. so that we humans can find peace and true meaning of life.

1. Ancient people have taught six things to avoid, if anyone can do it, it will succeed
2. Learn how to be strict with yourself, to change your life
3. 20 things "Mischief" but "Truth" in today's life!

1. Don't blame. Learn to understand so we can move forward



You go to work late, be penalized. You find every reason to justify this as a traffic jam, your car is broken, . But you never acknowledge it as your fault, all due to objective factors.

Also, when we have problems with family and friends, everyone tends to blame others. But did you know that blaming others is not a positive thing, no matter how good and talented you are. If we know how to take care of

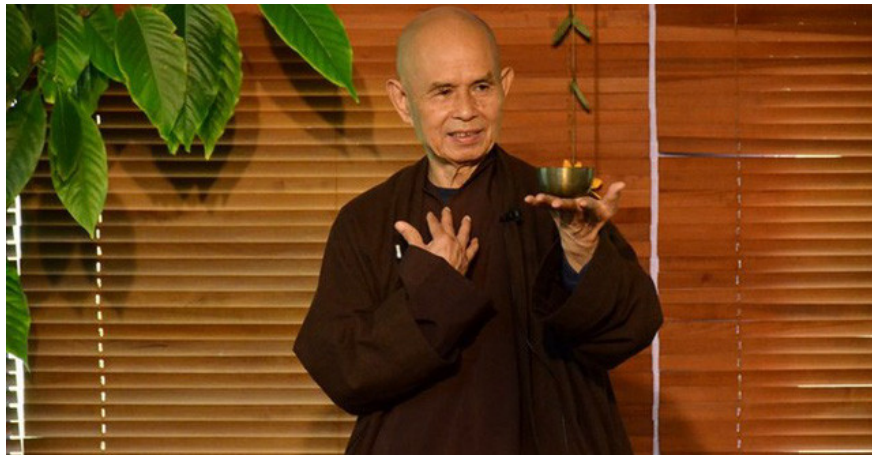
a relationship, such as taking care of a small pots, then surely your life will become much more beautiful. Don't blame, don't argue, don't argue, understand what the Zen master wants to send to us. Understanding is a way for people to love each other. If you don't know and understand for everyone, then you may not be able to love yourself.

2. All emotions and experiences deserve to be welcomed



In our lives, each person's work and emotions deserve to be treated equally. Because these things are true to the nature and character of our people.

3. The past gives us many lessons, but now is where we live



Living in the present, but does not mean that we forget the past or do not have plans for the future. The simple idea of mindfulness is to not allow yourself to get lost in the past regret or worry about the future. The past can give you much experience but your life is the present moment.

4. True love is an understanding of others



In love to want to be long and happy, two people need to understand each other. If love is just a selfish desire to own someone for a lifetime, it is not true love. Love comes from the heart, from two strangers, becomes close, loves each other, but if you only think for yourself, just take into account your own needs ignoring those The desire of the enemy is not a true love. In love we have to listen and think so we can understand the wishes that our opponents need.

5. You are most beautiful when you are yourself



Only when you are yourself, show your ability and live the true nature of yourself, then it is time to shine. The beauty of the soul does not need the recognition of others, it is enough for you to acknowledge it. If you are born

as a lotus, make it more beautiful, not make yourself a rose to be used by many people. This life is very difficult to please anyone, a person has a different mindset, if you have to force yourself to try to turn yourself into their will, this whole life will bring you disadvantage I just

6. Never be afraid of suffering



Suffering, loss is probably something that we can hardly avoid in life. So you should never try to avoid it, learn to accept it and face it, though it is very difficult and painful for us, but it will help you to awaken and understand. This life more.

7. Worry too much about the future that makes you miss current happiness



We are constantly speculating, dreaming, planning for "happy conditions" in the future. We constantly pursue future aspirations, even in sleep. It is one of the negative habits affecting the spirit of many people who are frequently encountered. Anxious anxiety because things that haven't happened make you miss the present and never seem to feel real happiness.

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