

Some twenty people –Jews, Muslims and Christians – came on Saturday night, March 22nd, to the Swedish Theological Institute for Mindfulness training in the Thich Nhat Hanh Tradition. The training was led by Sister Pine, Sister Peace and Sister Luc Nghiem, who came from Plum Village to spiritually support people who are involved with grassroots peace building.

We started with a silent walking meditation, followed by guided sitting meditation, with many helpful points to concentrate on in the process.

Then we divided into two groups – a larger group of people who are 35 years old or less and a smaller group of older people. For about an hour we brought various challenges from our lives, which cause us stress, and dealt with them together with guidance from the Sisters.

Reported: Yehuda