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As a free person I can always come and go,
Not caught in ideas of is and is not,
Not caught in ideas of being and non-being,
Let your steps be leisurely. --Thich Nhat Hanh

Peace Is Every Step: Thich Nhat Hanh's 95 Year Earthwalk

"Thich Nhat Hanh, a Vietnamese Buddhist monk who was one of the worlds most influential Zen masters, spreading messages of mindfulness, compassion and nonviolence, died on Saturday at his home in the Tu Hieu Temple in Hue, Vietnam. He was 95. A monk with global influence and an ally of Martin Luther King, he championed what he called 'engaged Buddhism,' applying its principles in pressing for peace." This piece from the New York Times shares more.

Be The Change:

For more inspiration, here's a powerful excerpt of Thich Nhat Hanh in conversation with Oprah Winfrey.