

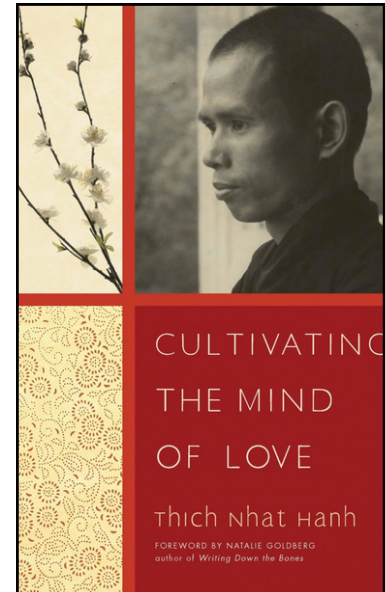
Discussion Questions

Cultivating the Mind of Love

by Thích Nhất Hạnh

Zen master, poet, and peace activist Thích Nhất Hạnh (Thầy) shares a most unusual Dharma teaching: the story of his first love. He pairs these heartfelt moments in his own life with insightful commentaries on classic Buddhist teaching including the Diamond, Lotus, and Avatamsaka Sutras.

1. How did you feel reading Thầy's description of his first love?
2. How was the experience of thinking back on your first love?
3. Which sutra brings you the most peace or understanding?
4. Which sutra is most difficult for you to understand?
5. Did any other thoughts come up for you while reading?



With masterful simplicity and clarity, Thích Nhất Hạnh shows ways to cultivate our own “mind of love” and allows readers to experience and to appreciate what is human and wonderful in all of us.



Zen Master Thích Nhất Hạnh is a global spiritual leader, poet, and peace activist, revered around the world for his pioneering teachings on mindfulness, global ethics, and peace. Over seven decades of teaching, he published more than 100 books. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism. He passed away in 2022 at the age of 95 at his root temple, Từ Hiếu, in Huế, Vietnam.