



Life is our True Home

Our true home is the present moment. When we return to *right here* and *right now* with the energy of mindfulness, we will be able to establish our true home in the present moment.

When we know how to make peace with our body, to take care of our body, and release the tension in our body, then our body becomes a comfortable, peaceful home for us to come back to in the present moment. When we know how to take care of our feelings—when we know how to generate joy and happiness, and how to handle a painful feeling—we can cultivate and restore a happy home in the present

moment. And when we know how to generate the energies of understanding and compassion, our home will be a very cozy, pleasant place to come back to.

Home is not something to hope for, but to cultivate. There is no way home; home is the way.

We need to learn how to come back to the present moment, and penetrate that moment, in order to discover our true home. When we stop trying to find our home outside ourselves—in space, time, culture, territory, nationality, or race—we can find true happiness.

Even if people occupy our country or put us in prison, we still have our true home, and no one can ever take it away. I speak to those of you who feel that you have never had a home. I speak to the parents who feel that the country they left is no longer their home, but that the new country is not their home yet either. Each one of us can practice to find our true home and to help our children find their true home also.

You have to make the present moment into the most wonderful moment of your life.



Thich Nhat Hanh
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