

MY GOOD NEWS

You are invited to write down five good things in your life. Write a couple of words or a sentence on each line (use the back if you need more room). These can be big or small things, but I encourage you to focus on the small micro moments of daily life. You will then have the opportunity to share one of your “good news” headlines. Take this piece of paper home and put it on your bathroom mirror or someplace where you will see it every day. Take a breath, take a pause, and notice what is right in that moment. It can be a very nourishing practice. Read the poem by Thich Nhat Hahn and feel comforted by these powerful words.

1.

2.

3.

4.

5.

THE GOOD NEWS: Poetry by Thich Nhat Hanh (excerpt)

*The good news
they do not print.*

*The good news
we do print.*

*We have a special edition every moment,
and we need you to read it.*

*The good news is that you are alive,
that the linden tree is still there,
standing firm in the harsh winter.*

*The good news is that you have wonderful eyes
to touch the blue sky.*

*The good news is that your child is there before you,
and your arms are available:
hugging is possible.*

They only print what is wrong.

Look at each of our special editions.

We always offer the things that are not wrong.