

# *Beginning Anew*

*A Day of Mindfulness in the tradition of Thich Nhat Hanh  
Sunday March 15, 2009, 8:45 am - 5 pm*

*“We come back to live in the wonderful present,  
to plant our heart’s garden with good seeds,  
and to make strong foundations of understanding and love.”*

Beginning Anew is a peace process created by Vietnamese Zen master, poet and peace activist, Thich Nhat Hanh. It is the practice of letting go of clinging to the past in order to arrive, again and again, freshly in the present moment.



Throughout the Day of Mindfulness, we will hold the energy of Beginning Anew as we engage in sitting and walking meditation, deep relaxation, and mindful eating. We will learn the formal Beginning Anew practice, which creates space for people to communicate deeply from the heart, release regrets and hurt, and restore the love and understanding that is the basis of harmonious relationships. This process can be practiced among couples, families, communities, or within oneself.

Whether you are interested in deepening appreciation in a harmonious relationship, restoring dialog and good-will in a strained relationship, or want a day of peace and meditation to recharge body and mind, this Day of Mindfulness will be of great benefit!

We have the opportunity of learning this practice from two members of Thich Nhat Hanh’s Order of Interbeing, who both have much experience practicing and facilitating Beginning Anew:

**Bethan Lloyd** (I am True Spacious Heart) has practiced in the Plum Village tradition of Thich Nhat Hanh since 1994. She was ordained as a lay member of the Tiep Hien Order of Interbeing in 2000. She has engaged in Beginning Anew with family members, colleagues, and lay and monastic Sangha members in Halifax, Toronto, Vancouver, and Green Mountain Dharma Center and Mountain Lamp Community.

**Justin Love** (True Dharma Compassion) lived in the Plum Village community as a monk for over five years and trained directly with Thich Nhat Hanh. He practiced Beginning Anew regularly in the community, taught the practice in retreats throughout North America and Europe, and specialized in facilitating Beginning Anew between teenagers and parents.

**Vegetarian lunch provided. Near Granville & 16th.  
By donation.**

**For details and registration, please contact:**

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