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four essentials: you can  
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lessons on being loving towards ourselves. 1. When we feed and support our own happiness, we are nourishing our ability to love By giving ourselves love, we have the most to give back to our loved ones.

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feel a vacuum, a great lack of something. We don't know the cause; it's very vague, but that feeling of being empty inside is very strong. We expect and hope for something much better so we'll feel less alone, less

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wounded child while still practicing mindful breathing. You should not allow yourself to get lost in action.

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is a Vietnamese Thi?n

Buddhist monk, peace

activist, and founder of the

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