

Hug Meditation



“hugging with all your body, spirit, heart”

In 1966, a friend took me to the Atlanta Airport. When we were saying good-bye she asked, “Is it all right to hug a Buddhist monk?” In my country, we’re not used to expressing ourselves that way, but I thought, “I’m a Zen teacher. It should be no problem for me to do that.” So I said, “Why not?” and she hugged me, but I was quite stiff. While on the plane, I decided that if I wanted to work with friends in the West, I would have to learn the culture of the West. So I invented hugging meditation. Hugging meditation is a combination of East and West.

“Breathing in, I know my dear one is in my arms, alive. Breathing out, they are so precious to me.”

If you breathe deeply like that, holding the person you love, the energy of your care and appreciation will penetrate into that person and she will be nourished and bloom like a flower. Before hugging, stand facing each other as you follow your breathing and establish your true presence. Then open your arms and hug your loved one. During the first in-breath and out-breath, become aware that you and your beloved are both alive; with the second in-breath and out-breath, think of where you will both be three hundred years from now; and with the third in-breath and out-breath, be aware of how precious it is that you are both still alive.

From the book ‘How to Love’ by Thich Nhat Hanh

“When we hug, our hearts connect and we know that we are not separate beings”

www.lifespirls.com.au

Presence