

the  
way  
out  
is  
in

THE ZEN CALLIGRAPHY OF  
**THICH NHAT HANH**



Welcome  
to the  
country  
of the  
Present  
Moment



# Zen Calligraphy

by

*Thich Nhat Hanh*

## 1. CONSCIOUS BREATHING

Breathe, my dear  
Breathe, it'll be okay  
Breathe, you are alive  
Peace in myself, peace in the world

## 2. MINDFUL WALKING

Peace is every step  
Walk  
Walk, you are alive  
There is no way to Nirvana. Nirvana is the way  
There is no way to home. Home is the way  
I am in love with Mother Earth

## 3. LOOKING DEEPLY

Be still and know  
Stop and be  
Be still and see  
Smile to the cloud in your tea  
Stop  
Sit  
Look  
Look deeply  
Listen  
Listen to yourself  
Mindfulness  
念  
Concentration  
定  
Insight  
慧  
Smile  
Reverence is the nature of my love

## 4. LETTING GO

Emptiness  
Signlessness  
Aimlessness  
The miracle is to be alive  
Be still and heal  
Healing is every step  
Let go  
Be free where you are  
Go as a river  
Are you sure?  
Go to the other shore

## 5. BEING HERE

Present moment  
Wonderful moment  
Be alive, be the miracle  
A cloud never dries  
This is because that is  
Wake up  
This is a legendary moment  
This is it, be home  
Fresh as a river, solid as a mountain, still as water  
reflecting, free as space  
You have enough  
The Pure Land is here and now  
Now is the time  
This moment is full of wonders  
The most beautiful place of Heaven is on Earth  
Be beautiful, be true  
Be beautiful, be compassionate  
No mud, no lotus  
I am here for you  
This is it

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## **CONSCIOUS BREATHING**

breathe  
my dear



breathe  
it'll be  
okay



breathe  
you are alive



Peace  
in myself  
Peace in  
the world



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## **MINDFUL WALKING**

Peace  
is  
every  
where



Walker



walk  
you are  
alive



there is  
no way  
to nirvāna.  
nirvāna is  
the way



There is  
no way home  
Home is  
the way



i am  
in love  
with  
Mother  
Earth



-3-

**LOOKING DEEPLY**

Be  
still  
and  
know



おん  
あ  
わ



草書



Smile to the cloud  
in your tea



Handwritten calligraphy in black ink on aged, textured paper. The characters are written in a cursive style, likely representing the name 'Miyamoto' (宮本). The first character is a large, rounded 'mi', followed by a smaller 'ya', and a final character that could be 'to' or 'no'.



win



look



look  
deeply



listen



listen  
to  
yourself



Mindfulness



念



Concentration



天



might



狂草



Smile

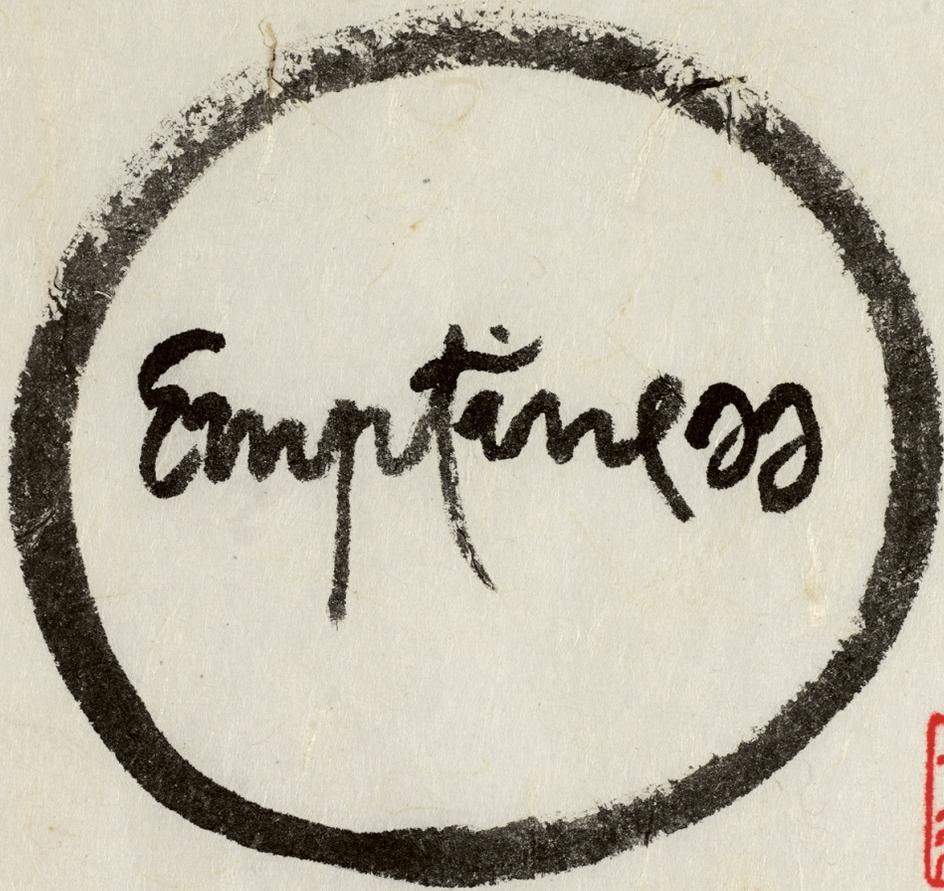


Reverence is  
the nature of my love

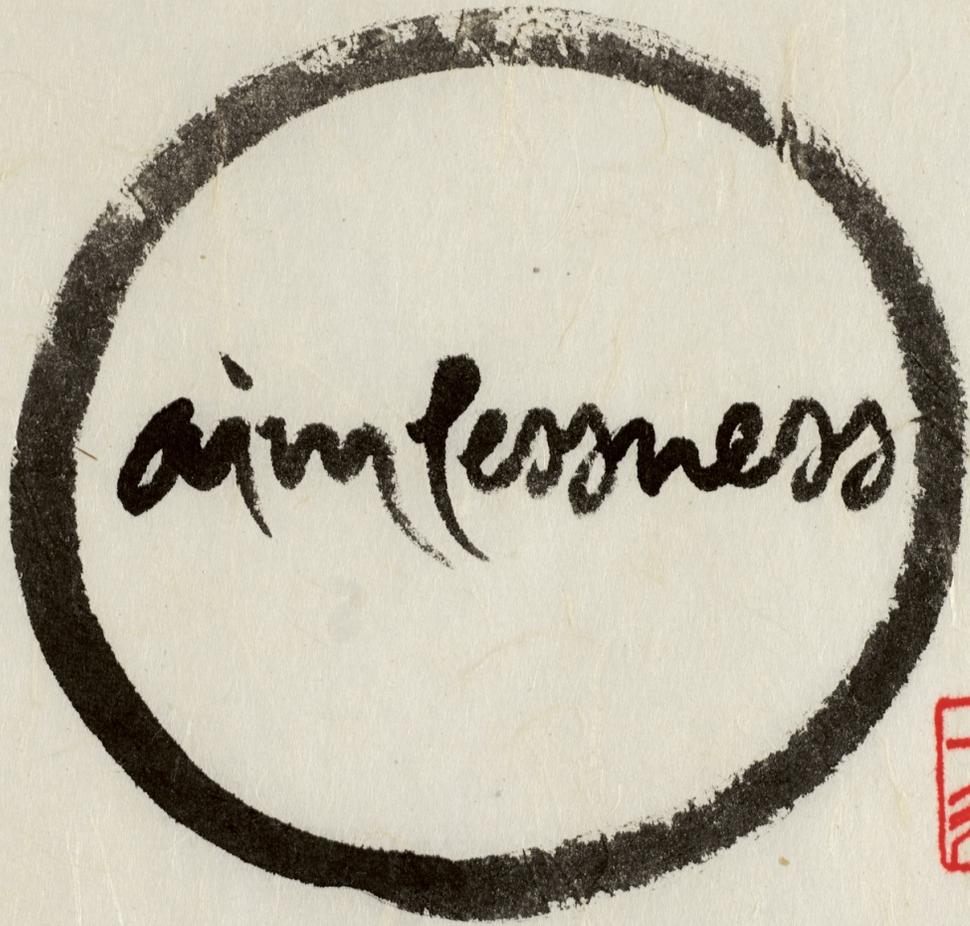


-4-

**LETTING GO**







the miracle  
is to be  
alive



be still  
and heal



Healing  
is

every

step



let  
go



Be  
Great  
where  
you  
are



go  
an  
a  
river



are  
you  
dumb?



go to  
the other shore



-5-

**BEING HERE**

Parent  
moment

Wonderful  
moment



be alive  
be the  
miracle

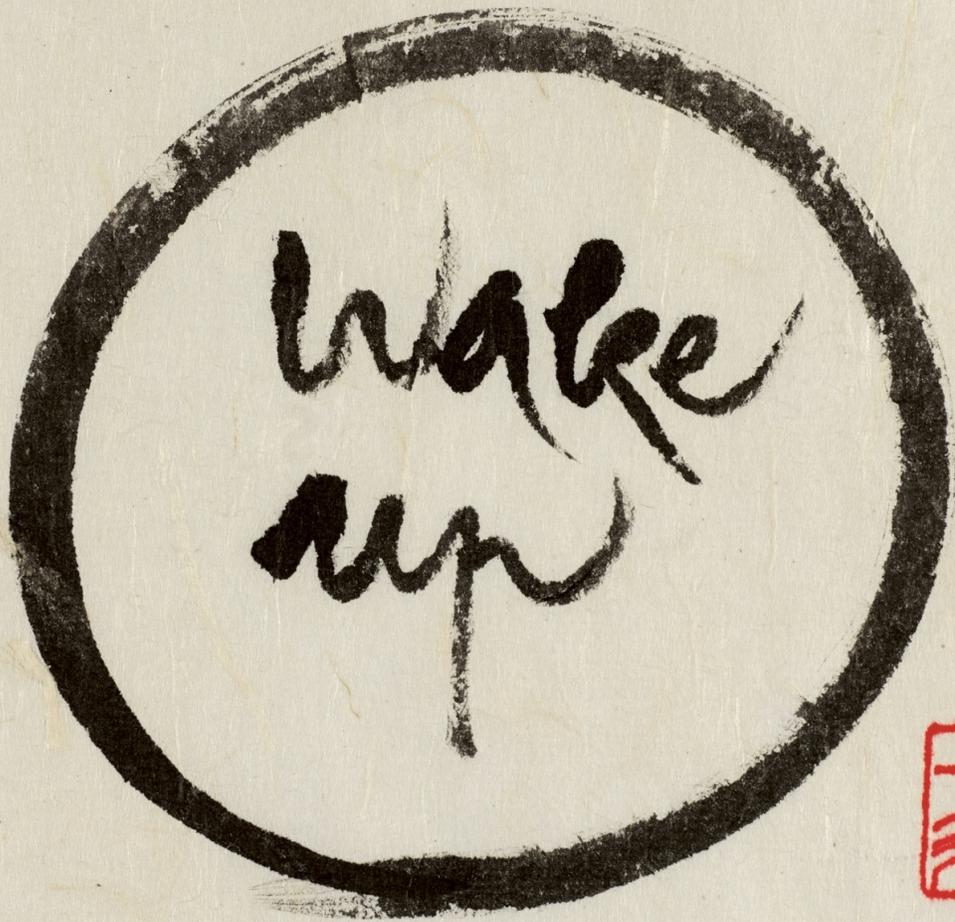


a  
cloud  
never  
dies



This is because that is





This is  
a  
legendary  
moment



This is it  
be home



Fresh  
as a  
flower



Solid  
as a  
mountain



Still water  
reflecting



Free  
as space



you  
have  
enough



The  
Pine  
Land  
is here  
and now



now  
is  
the time



this  
moment  
is full of  
wonders



the most  
beautiful  
place of  
Heaven  
is on  
earth



Be beautiful  
Be  
true



Be beautiful  
Be  
compassionate





no

mind

no

lotus

i  
am  
here  
for  
you



this is it



*Sabbadānaṃ dhammadānaṃ jināti*  
The gift of Dhamma excels all other gifts

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