

*Thich Nhat Hanh*

*Week 6*

*Come Back*

With your mindful breathing,  
practice touching the Earth deeply.  
Walk as if you are kissing the Earth with your feet,  
as if you are massaging the Earth with each step.  
Your footprints  
will be the marks of an emperor's seal  
calling for Now to come back to Here,  
so that life will be present,  
so that your blood will bring the color of love to your face,  
so that the wonders of life will appear,  
and all anxieties will be transformed into  
peace and joy.