

**8. Mindfulness and Life (Thích Nhất Hạnh, Lao Tzu, Brené Brown, and Others.)** We have enough problems, just dealing with Parkinson's every day. Having a mechanism or a process to remove yourself from this Parkinson's life, do it, practice mindfulness. The ability to still your mind, even for a few minutes, could be life-changing. And living well is always a goal. So, never forget the words of Thích Nhất Hạnh, "Because you are alive, everything is possible."

*"To understand the immeasurable, the mind must be extraordinarily quiet, still." Jiddu Krishnamurti*

*"If you want to conquer the anxiety of life, live in the moment, live in the breath." Amit Ray*

*"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." Lao Tzu*

*"Don't be afraid of death; be afraid of an unlived life. You don't have to live forever, you just have to live." Natalie Babbitt*

*"The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect." Brené Brown*

*"Life always waits for some crisis to occur before revealing itself at its most brilliant." [Paulo Coelho](#),*

*"When you look at the sun during your walking meditation, the mindfulness of the body helps you to see that the sun is in you; without the sun there is no life at all and suddenly you get in touch with the sun in a different way." Thich Nhat Hanh*

*"Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes." Thich Nhat Hanh*

*"Inspirations knock and hang around for a while and wait for some kind of response, which is the beginning of a creative act." Thomas Moore*

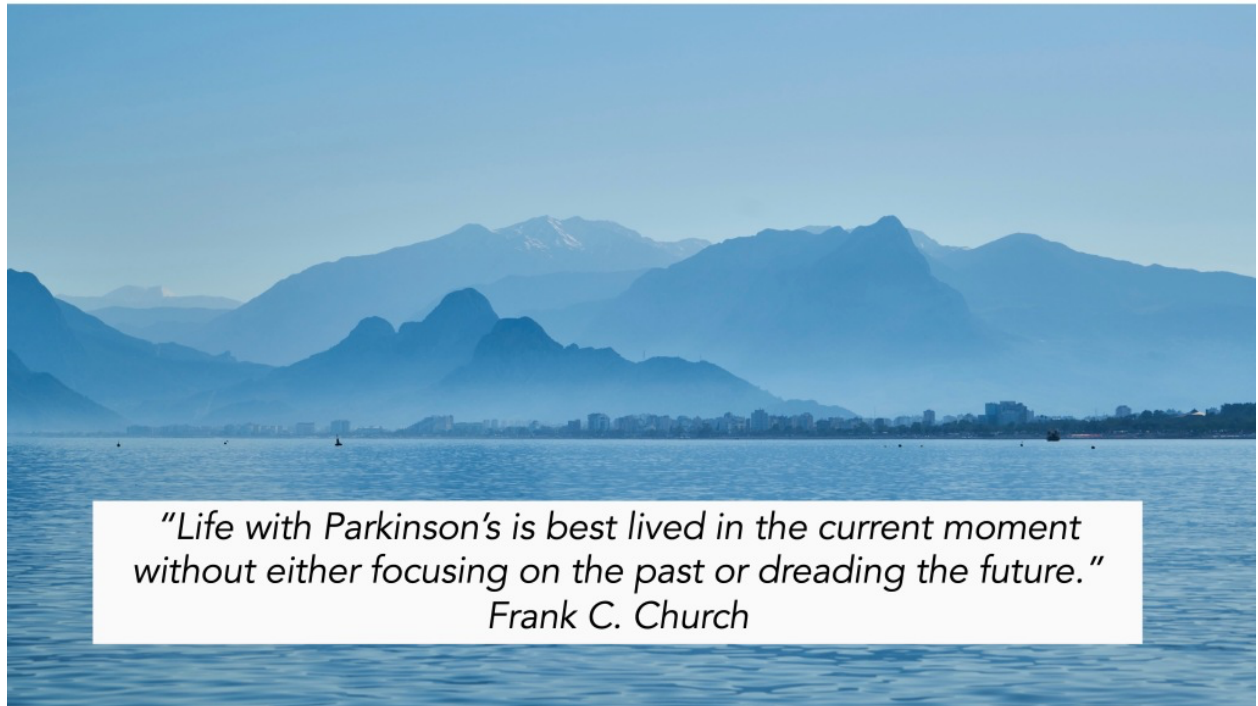
*"The teacher however, can only lead the student to the correct gate, he cannot compel him to go further, Somewhere inside the gates masses gold and diamonds lie hidden. It is up to the student to go beyond the door and into the inner rooms to search for the treasure. So in order to acquire the art one must have a determined and enduring mind, ready to persevere and study hard. If one relies entirely on the teacher one will never find the treasure." Master T.T. Liang "Tai Chi Chuan for Health and Self Defense"*

*"If you are depressed you are living in the past.  
If you are anxious you are living in the future.  
If you are at peace you are living in the present."  
Lao Tzu*

*"Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." Lao Tzu*

*When I let go of what I am, I become what I might be. Lao Tzu*

*Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step. Lao Tzu*



*"Life with Parkinson's is best lived in the current moment without either focusing on the past or dreading the future."  
Frank C. Church*