



A Healing Moment

Thich Nhat Hanh / Brother David

New York

☀ Values

- Altruistic Love
- Patience
- Mindfulness
- Courage
- Insight
- Wisdom
- Social Emotional Learning

☀ Reflection Questions

Was it important for people to protest against the nuclear arms race? Why or why not?

Have you or your parents ever marched in a peaceful protest? If so, why?

What do you think the difference is between a mindful walk and marching?

Can you walk and meditate at the same time? Why or why not?

☀ Lessons Learned

It is important for people to come together and protest peacefully when they feel strongly about that is being committed - like the nuclear arms race.

People from different religions can share a common goal of peace and brotherhood.

There are times when we must face and oppose what separates us so healing can begin.

In this story, Brother David Stencil-Rast tells how he and his close friend and fellow monk Thich Nhat Hanh marched in an antinuclear demonstration in New York City in 1982. Thich, a leader in the nonviolent movement for peace in Vietnam had asked that every single step of their march be a meditation for peace. Brother David tells of their walking meditation as they enjoyed the marchers, the colorful array of streamers and signs, clowns and children, musicians and singers, mothers wheeling their infants, even dogs displaying peaceful slogans. He also shares a profound moment of an epiphany that he, Hanh and a group of Buddhist and Christian monks witnessed as they protested the next morning outside the French delegation to the United Nations. "There are times we must face and oppose what separates us," Brother David says. "Only then can healing take place."

☀ Language Arts: SEL & Diversity

Contact Thich Nhat Hanh (<http://plumvillage.org>) ask for their education curriculum. Invite someone from the Peace and Justice community to share their experience of marching either in New York or in other marches to support the nuclear freeze movement. Read Brother David's book *Gratefulness of the Heart* and discuss his philosophy. Read Thich Nhat Hanh's book *The Miracle of Mindfulness* and have students write an essay on mindfulness. Community of Mindful Living at PO Box 7355, Berkeley, CA 94707.

☀ Social Studies: Diversity

Research and write a report on the nuclear freeze movement during the 1980's. Study the progress and current challenges with countries who are still conducting nuclear testing. Study and write about Thich Nhat Hanh's non-violent efforts to end the Vietnam War.

☀ Community Service: Service Learning

Ask students to join a march for peace. Invite families to participate in a candlelight vigil. Write to the Pakistani and Indian leaders asking them to join the ban on nuclear testing. Contact Bread for the World at <http://www.bread.org>. Learn about local activities through Witness for Peace (<http://witnessforpeace.org>). Promote alternatives to violent media entertainment. Write to Turn Off the Violence, PO Box 27558, Minneapolis, MN 55427

