

Wildland Firefighter's Monthly Practices

April 2023



From Vanessa:

Hello and welcome to the April practice of Present Moment Wonderful Moment. I was supposed to be at Tassajara with all of you and, due to a family health issue, could not attend. I have met some of you virtually in the 2021 online retreat and hope to be with you all in the future in another retreat. I was continually following the weather while you were at Tassajara and am glad you all were safe amid some very wild weather.

Here is a summary of the topics you'll be seeing from the team each month leading up to December. These are practices inspired by Thich Nhat Hanh's book, *Peace is Every Step*. They are designed to be available to you wherever you are, and short enough that you can fold them into a few minutes of your demanding days or exhausted evenings. We wish you all safety and well-being as you prepare for the upcoming fire season or whatever season is happening in your life right now.

Practice # 1, March 2023

1. Breathe! You are alive

2 Present moment wonderful moment

- 3 Sitting meditation/ thinking less
- 4 Walking meditation
- 5 The river of feelings / transforming feelings /anger
- 6 Friendship/ community
- 7 What's not wrong ?
- 8 Meditation on compassion/love
- 9 Looking deeply/nourishing awareness
- 10 Interbeing/ living mindfully

~~~

A gatha or “mindfulness verse” is a short verse we can recite during our daily activities. Here is a description of this practice from Thich Nhat Hanh:

*Present Moment Wonderful Moment*

*"Reciting gathas is one way to help us dwell in the present moment. When we focus our mind on a gatha, we return to ourselves and become more aware of each action. When the gatha ends, we continue our activity with heightened awareness."*

*When we drive a car, signs can help us find our way. The sign and the road become one, and we see the sign all along the way until the next sign. When we practice with gathas, the gathas and the rest of our life become one, and we live our entire lives in awareness. This helps us very much, and it helps others as well. We find that we have more peace, calm, and joy, which we can share with others."*

You might develop a gatha of your own for a daily activity or find one that works for you from the following gathas from Present Moment Wonderful Moment by Thich Nhat Hanh.

**Waking Up**

Waking up this morning, I smile.  
Twenty four brand new hours are before me.  
I vow to live fully in each moment  
and to look at all beings with eyes of compassion

**Brushing Teeth**

Brushing my teeth and rinsing my mouth,  
I vow to speak purely and lovingly.  
When my mouth is fragrant with right speech,  
a flower blooms in the garden of my heart.

**Walking Meditation**

The mind can go in a thousand directions.  
But on this beautiful path, I walk in peace.  
With each step, a gentle wind blows.  
With each step, a flower blooms.