Introduction☘️

HandfulofLeaves, is named after an important discourse by the Buddha. Of all the knowledge we can acquire in life, only a handful leads to peace, which is considered essential and beneficial. This platform aims to provide essential insights that would be useful to readers to navigate the complexities of life.

The spirit behind the content we publish is anchored in realism instead of idealism.

Who are we writing for?

Young working adults (20-40) who face stress, societal stress. They seek belonging and acceptance in their struggle. They want advice but do not want to seek it out publicly.

What are we looking for?🤓

One single goal should underpin every article: **it should teach your readers how to live a better, happier life in an actionable way**

Share your spiritual journey and practices that helped you and base them on principles of the 4 noble truths, 8 fold path.

If you are quoting the Buddha or his direct disciples, do align what you say with the teachings reflected in the Pali Canon.

Writing Format ✍️

1. Use an eye-catching cover photo that you have the rights to.
2. Ensure that your subheadings are capitalised and are separated.
3. *One key **message per paragraph***
4. *Articles should be no more than **1,200 words unless you intend for a long form article***
5. Please provide a title and subtitle for your article

Types of formats we are open to:

a. How-to Guides
b. Lists
c. Interviews
d. Personal Reflections
e. Commentaries

f. Contrarian
g. Reviews

Don't Promote:

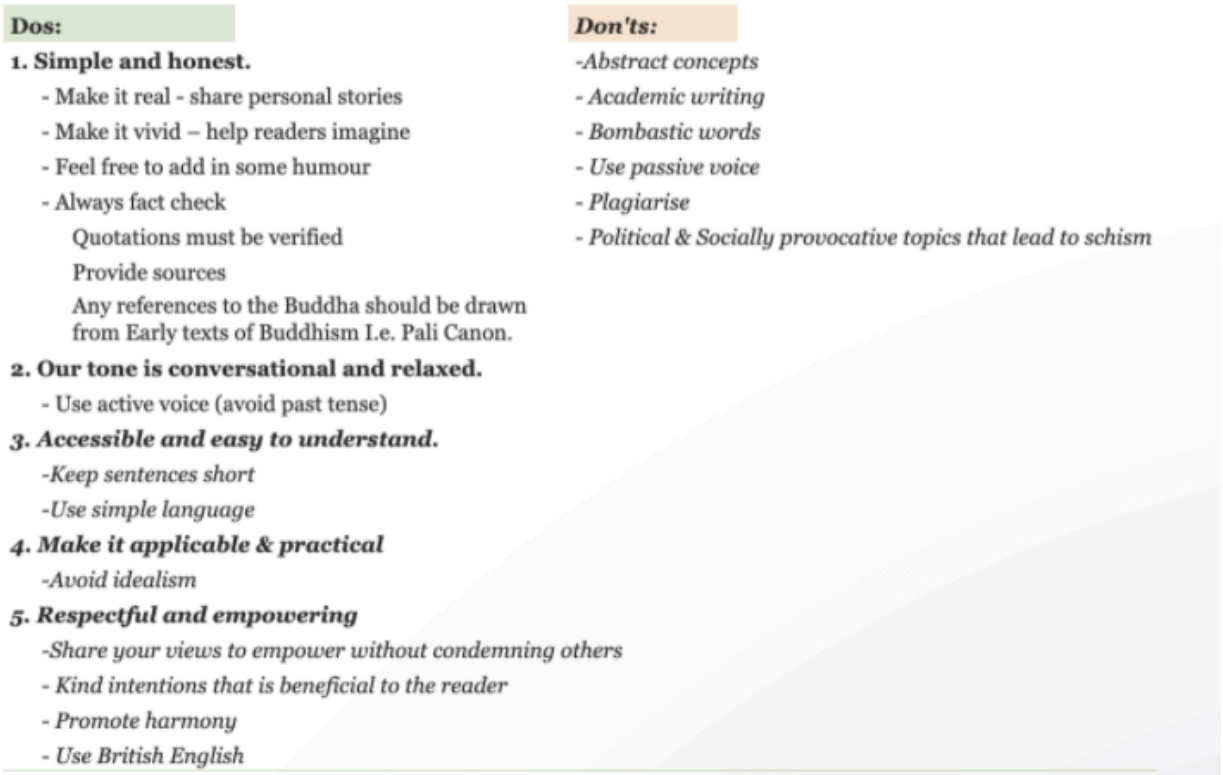
Leave out all promotions and Call to Actions. We may decide to add in our own Call to Actions to your article, but this won't impact its performance or chances of being distributed.

Wise Steps & TLDR 🌟

For your submission, include the TLDR (too long didn't read) which is two sentence summary of your article

Wise steps are 1-3 actionable steps the reader can take after looking at your articles. Please provide hyperlinks to Buddhist terms or external concepts that you have used in the article for easy reference!

Checklist before submission 🎟️



Writers bio 💓

Share about yourself in 2-3 sentences with links to your other works.

Share with us your profile photo

You can include:

- Your hobbies
- Your interests/ food
- Your practice

Submit your work⌨️💻

We encourage our writers to do the majority of their own editing. We're happy to help with prose and framing ideas. We highly recommend that all of our writers run their work through Grammarly, Hemmingway Editor, Language Tool . They are free!

Submit your work here!

https://bit.ly/3zosvMx

We reserve the right to edit all submissions. And we can't promise that every submission will be published – appreciate your understanding! Our editors will suggest edits to your article for you to accept/comment on. After 5 working days from the suggested edits, we will take the article as final.