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# **How To Relax By Thich Nhat Hanh**

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### **Relax, let go | plum village**

I wrote this poem in veneration of Thich Nhat Hanh, Relax, Let Go. Breathe in, Calm your feelings, There is nothing to cling to. Acknowledge, and let go.

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### **Relax - miracle of mindfulness tour**

Make yourself comfortable. Allow your body to relax. Thich Nhat Hanh, Buddha Mind, Buddha Body (Berkeley, Calif.: Parallax Press, 2008).

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