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We all want to feel loved and to love. But sometimes when we feel empty, we think that we need to fill the gap by finding an object of our love, rather than looking within ourselves. Thich

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Nhat Hanh warns us against this: “When we realize that all our hopes and expectations of course can’t be fulfilled by that person, we continue to feel empty.

### **7 gentle pieces of wisdom from Thich Nhat Hanh on loving ...**

“When you love someone, you have to have trust and confidence. Love without trust is not yet love. Of course, first you have to have trust, respect, and confidence in yourself. Trust that you have a good and compassionate nature.

### **How to Love Quotes by Thich Nhat Hanh - Goodreads**

This time Nhat Hanh brings his signature clarity, compassion, and humour to the thorny question of how to love and distils one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep

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listening and loving speech are key ways of showing our love.

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Thich Nhat Hanh Quotes on Love “ You must love in such a way that the person you love feels free. ” – Thich Nhat Hanh “ If you love someone but rarely make yourself available to him or her, that is not true love.

### **57 Thich Nhat Hanh Quotes (To Live a More Meaningful Life)**

How to Love is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise. How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole.

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Thay answers questions during a public event. Question 1: How do I love myself? ~ ~ ~ Help us caption & translate this video! <http://amara.org/v/E8c5/>

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