



THE FIRST ZEN INSTITUTE OF AMERICA

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Film Series

# Mindfulness – Be Happy Now

with Thich Nhat Hanh, Deepak Chopra, Oliver Stone,  
Blaise Aguirre, Cesar Millan and Sharon Stone

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Friday, May 17, 2019 7:30 – 9:00 PM

113 East 30<sup>th</sup> Street New York, NY 10016

Would you like to live on automatic pilot, with a mind like Velcro that attaches to anything it encounters? Mindfulness, on the other hand, helps us to calm and center the mind and stay present. Our own minds magnify the impact of negative events by a factor of 100, prolonging and deepening suffering. Real suffering is often optional – it's what happens when our minds ruminate and endlessly remain stuck in negative emotional states. *Mindfulness – Be Happy Now* shows how we can free our minds by remaining focused. This film consists of a series of interviews with practitioners in the field of Mindfulness, with an emphasis on the teachings of Thich Nhat Hanh.

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Admission is free.

Thich Nhat Hanh Deepak Chopra Oliver Stone  
Blaise Aguirre Cesar Millan Sharon Stone



Happiness is just a breath away

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