



ASPEN INSTITUTE INDIA

Zen Master, Thich Nhat Hanh, elucidates four-point leadership mantra

Nobel Peace Prize nominee launches book, *Understanding Our Mind*

Nobel Peace Prize nominee and Zen Master Thich Nhat Hanh, who has been associated with various peace movements globally, today launched his book **'Understanding Our Mind'** at a special session organized by the **Confederation of Indian Industry (CII), Aspen Institute India and the Ahimsa Trust**. The book was released by Mr. Anajit Singh, CEO of Max India Group of Companies.

The Vietnamese Buddhist monk who lives in exile in France spread the message of peace in New Delhi by elucidating on the various facets of leadership. Speaking at the session, he said, "We should not allow wrong perceptions to overcome our behavior. Globally the violence associated with terrorism is the result of wrong perception. Terrorists are victims of wrong perception; they suffer and try to punish others. This wrong perception could be instigated by anybody and we should work towards mending this through communication."

Thich Nhat Hanh presented a four-point mantra for leadership. Treating a corporate entity as a family, he urged the audience to understand the importance of associating with the people close to them. The foremost point is to make oneself available to people that are close to one. Secondly, one needs to realize that people close to one are precious. The third point is that one needs to be available to near and dear ones in conditions of crisis. The final mantra is to seek help from one's beloved in case he/she has made one suffer. The dangerous combination of pride and anger can be avoided by following the four-point mantra.

The session was marked by exercises such as meditation techniques, music and spiritual talk. Organized under the aegis of Ahimsa Trust, the visit of Thich Nhat Hanh accompanied by the monks and nuns of Plum Village France, drew special attention from the corporate fraternity. Speaking at the event, **Mr Shantum Seth, Ahimsa Trust** held, "we are open to others and realize their well being and sufferings are our own. Through this initiative we intend to spread the message of peace and leadership across india."

Thich Nhat Hanh is a spiritual leader, scholar, peace activist and Zen master whose teachings are well known globally. His engagement with the Buddhist practices of peaceful social action has generated a lot of awareness about Buddhism. He served as a chair of the Buddhist Peace Delegation during the Paris Peace talks that followed the Vietnam War. Thich Nhat Hanh's work on reconciliation however led to his exile from Vietnam. He was nominated for the Nobel Peace Prize by Dr. Martin Luther King in 1967. The session was chaired by Mr. Ravi Bhoothalingam, Founder and Chairman, Manas Advisory

New Delhi
3rd October 2008