

THICH NHAT HANH FOUNDATION

planting seeds of Compassion

PART OF THE INTERNATIONAL PLUM VILLAGE COMMUNITY

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Music as Meditation

Thich Nhat Hanh's Monastics Take Unique Performance on the Road

Zen Master Thich Nhat Hanh's monastics are traveling from Plum Village Monastery in southwest France to North America this spring to offer a unique series of interactive and mindful music, poetry, and spoken word performances between April 21 and May 2.

Titled *The Way Out Is In*, the performances will include monastics (some of whom were professional musicians before ordaining) and hip hop artist and meditation teacher [Born I](#) (Ofosu Jones-Quartey).

The performances will take place at 7 p.m. EST on April 21 in Baltimore, April 23 in Washington, D.C., April 30 in Boston, and May 2 in Toronto, offering music from several genres (from meditative to hip-hop), poetry, mindful readings, and short Dharma teachings (talks from the Buddhist tradition). For the U.S. performances, attendees are welcome to attend an optional walking meditation with the monastics at 5:30 p.m.

To learn more and find links for ordering tickets for each event via Eventbrite, visit plumvillage.org/musicmeditation2023.

“As Buddhist monks and nuns, we know there are many ways to help people learn about and practice meditation and mindfulness,” said Sister Trai Nghiem, a Plum Village monastic and classically trained violinist from Japan. “They believed strongly in the power of poetry and music to help people connect with their deepest selves, with the Earth, and with one another. We hope these performances will be transformative for people who attend.”

Ticket proceeds and donations will cover the cost of the performances and support the international Plum Village community as well as, in the case of the Baltimore concert, two local ally organizations: [VOLAR](#), which focuses on land justice and organizing Black and Brown people in East Baltimore, and [NoMüNoMü](#), the concert venue and an artist collective working to build up the BIPOC (Black, Indigenous, and People of Color) community and end oppression in Baltimore through the making of art.

This is the first-ever touring musical performance by the International Plum Village Community, and it takes place just over a year after the passing of Thich Nhat Hanh (often called “Thay,” or “teacher” in Vietnamese, by his community). The concert builds upon the beloved Buddhist teacher’s rich legacy of innovation, his deep practice of inclusivity, his love of the arts, and his lifelong commitment to providing people with practices to reduce suffering and inspire compassion and joy.

[Watch videos of two of the songs that will be performed on tour, [Little Star](#) and [The Island Within](#).]

The International Plum Village Community offers a rich variety of opportunities and resources throughout the year and around the world (many of them free) to learn about and practice meditation and mindfulness in community, touch peace, and heal suffering. In addition to its 11 practice centers on five continents, the community offers online [Dharma talks](#); a popular and free [Plum Village App](#); the No. 2 ranked Buddhist podcast [The Way Out Is In](#) (not connected to this event); hundreds of book titles by Thich Nhat Hanh and other monastic and lay Dharma teachers through [Parallax Press](#); a biweekly newsletter ([The Raft](#)) full of inspiring content; a [searchable worldwide database](#) of thousands of local Sanghas where people can practice meditation and mindfulness in community; and a range of allied groups dedicated to cultivating

mindfulness practices among BIPOC and LGBTQIA+ communities, educators, and young people.

To learn more about the International Plum Village Community, please [visit this page](#).

To learn how to support our community, please visit the [Thich Nhat Hanh Foundation](#)

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