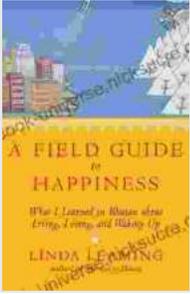


# What I Learned in Bhutan About Living, Loving, and Waking Up



Nestled deep within the Himalayas, the enigmatic Kingdom of Bhutan is a land of towering mountains, lush valleys, and ancient traditions. It's a place where time seems to slow down, and the pursuit of happiness takes center stage. Having recently returned from a transformative journey to this extraordinary country, I was deeply moved by the profound lessons it taught me about the art of living, loving, and waking up to the true nature of existence.

**A Field Guide to Happiness: What I Learned in Bhutan about Living, Loving, and Waking Up** by Linda Leaming



★ ★ ★ ★ ☆	4.7 out of 5
Language	: English
File size	: 3290 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 257 pages



## Living in Harmony with Nature

Bhutan is a breathtaking tapestry of natural wonders, from the snow-capped peaks of the Himalayas to the pristine forests that blanket the land. The Bhutanese people have a deep reverence for the environment, and their philosophy of Gross National Happiness emphasizes the importance of living in harmony with nature.

During my time in Bhutan, I had the opportunity to hike through lush rainforests, where the air was filled with the sound of birdsong. I marveled at the vibrant colors of the rhododendron flowers, which transformed the landscape into a kaleidoscope of hues. And as I stood atop a mountain overlooking the vast expanse of the Himalayas, I felt a sense of awe and humility in the face of such grandeur.

Bhutan's connection to nature extends beyond its physical beauty. The country's traditions, rituals, and even its architecture reflect the Bhutanese people's deep respect for the environment. By living in harmony with nature, they have created a society that is both sustainable and soul-nourishing.

## **The Power of Compassion**

Compassion is the cornerstone of Bhutanese society. It is woven into the fabric of their culture, from the way they greet each other with a warm "Tashi Delek" (meaning "may all be auspicious") to their deep commitment to helping those in need.

I witnessed countless acts of kindness during my stay in Bhutan. Strangers offered to help me with directions, shopkeepers gave me generous discounts, and local families invited me into their homes for tea. The Bhutanese people genuinely care for one another, and they strive to create a society where everyone feels supported and valued.

The power of compassion extends beyond human relationships. The Bhutanese people also have a deep love for animals, and they go to great lengths to protect them. I was particularly impressed by the way they treat their dogs, who are considered to be family members and often accompany their owners everywhere they go.

## **The Importance of Mindfulness**

Mindfulness is a central tenet of Bhutanese Buddhism. It is the practice of being fully present in the moment, without judgment or distraction. The Bhutanese people believe that mindfulness is essential for happiness and well-being.

During my time in Bhutan, I participated in several meditation sessions at local monasteries. I learned how to focus my attention on my breath, my body, and my thoughts. I discovered that mindfulness is a powerful tool that can help us to reduce stress, increase our self-awareness, and deepen our connection to the present moment.

The Bhutanese people have integrated mindfulness into all aspects of their lives. They practice it in their daily routines, their work, and their relationships. By living mindfully, they are able to appreciate the simple joys of life and find contentment in the present moment.

## **Waking Up to Our True Nature**

The ultimate goal of Bhutanese Buddhism is to wake up to our true nature, which is said to be one of love, compassion, and wisdom. This process of awakening is not always easy, but it is a journey worth taking.

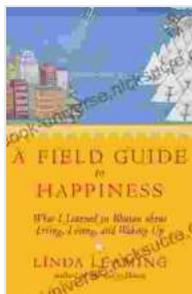
In Bhutan, I learned that waking up to our true nature is not about becoming someone else or achieving some lofty ideal. It is about embracing who we already are, with all our flaws and imperfections. It is about seeing the beauty and potential within ourselves and others.

The Bhutanese people have taught me that we are all capable of waking up to our true nature. By living in harmony with nature, practicing compassion, and cultivating mindfulness, we can create a more peaceful and fulfilling world for ourselves and for generations to come.

My journey to Bhutan was an experience that will stay with me for a lifetime. It taught me invaluable lessons about the art of living, loving, and waking up to the true nature of existence. I am grateful for the opportunity to have witnessed the beauty and wisdom of the Bhutanese people, and I will forever carry their teachings in my heart.

As I return home, I am inspired to live my life with greater purpose and intention. I will strive to live in harmony with nature, practice compassion towards all beings, and cultivate mindfulness in my daily life. And I will

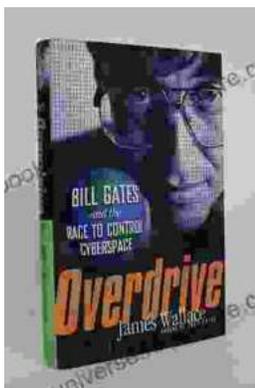
always remember the lessons I learned in Bhutan, a country where happiness is not just a goal but a way of life.



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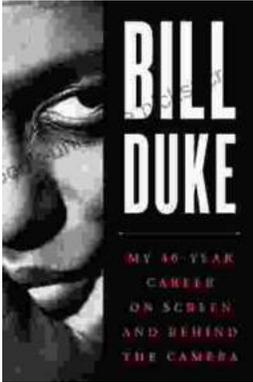
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