

The Buddhist Sisters from Plum village, near Bordeaux.  
Tù Nghiêm  
Mân Nghiêm

“Ethics, Ethical Dimensions”

What they wanted us to open and sensitive to was MINDFULNESS which is an awareness to do something, an awareness in breathing, an awareness in eating or an awareness in walking etc.

It is offered to us a certain way of thinking to end the suffering present on Earth. In the Buddhist world suffering is not denied, it is recognised. But there is the confidence that these can be ended, there is a way out. So Buddhism is in general very positive.

The two sisters come from Plum village, a Buddhist community near Bordeaux. There they receive the teachings of THICH NHAT HANH.

He is a Vietnamese who went to the western world after the Vietnam war to report the truth about what happened during the war. Media did not report the truth which was in fact that nobody of the people in Vietnam wanted this war to happen. But as a result of it he couldn't come back to Vietnam. He had to stay in Exile for 39 years. Finally, last year only after the change of the government he got the opportunity to enter Vietnam again.

Buddha lived 2600 years ago. And he already taught mindfulness.

There are 5 aspects of mindfulness: e.g. BODY (physical and physiological), HEALTH, THOUGHT, EMOTIONS (mental relation to the body), ENVIRONMENT.

Mindfulness is a source of energy. It is connected to the ability of thinking.  
It is connected to the ability of breathing.

Mindfulness is ...

- ◆ being fully present and in contact to something. You can be in contact with a lot of things, e.g. with your lungs.
- ◆ recognising.
- ◆ accepting.
- ◆ embracing with love and understanding.
- ◆ transforming.
- ◆ nourishing.
- ◆ looking deeply.

Nothing can be created. Nothing can be destroyed. Everything can only be transformed.

Discussion points:

- ◆ If you want to become a monk, but are not totally sure, you can come and go 8 times.
- ◆ Breathing 3 times before you pick up a phone and leaving it ring 3 times influences the outcome of the call very positively.

Diana Meyer-Veden