

TEACHERS

The pilgrimage will be led by the monastics of Plum Village and Dharmacharya Shantum Seth



Dharmacharya Shantum Seth is a teacher who was Transmitted the Lamp by Thich Nhat Hanh in 2001. He is the foremost expert on sites associated with the Buddha and has been leading pilgrimages since 1988. He worked with the United Nations on volunteering, peace, and social development for more than 15 years, and has been a Senior Advisor to the World Bank and the Government of India on pilgrimage tourism. He has co-authored books such as *Walking with the Buddha*, *Volunteers against Conflict* and been a consultant for films like BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*.

At each pilgrimage site along the way, Shantum will tell stories of the Buddha's life and offer teachings to help us understand the Buddha as a human being, the drama of his life and the significance of what he taught. We will schedule time for daily sitting and walking meditation, regular discussions, and contemplative time for ourselves. The creation of a traveling sangha will be an important aspect

of this trip, giving the journey a greater cohesiveness and building a sense of support for those seeking to deepen their practice.

Monastics of Plum Village



Sister Hội Nghiê (Sister True Adornment with Understanding)

Sister Understanding was born and grew up in Vietnam. Before becoming a nun she was a teacher and wished to bring education to everyone by practicing mindfulness, specifically transforming suffering into happiness. She came to Plum Village and ordained in 1999 at the age 25. Now she is a senior Dharma teacher and living in Lower Hamlet, France. She likes sitting meditation, nature, poetry and inspiring people to practice.



Brother Pháp Khởi (Brother Dharma Arising)

Brother Dharma Arising is proud to call himself a lazy monk and tries his best to be a lazy monk. Though his brand of "laziness" entails waking up at 4a.m to drink coffee, listen to Thay's teachings, incubate the Dharma, and drink more coffee. This time of solitude gives him the space and patience to flow with myriad sangha adventures throughout the day. Brother Dharma Arising loves nature and hiking in the mountains. His aspiration as a monk is to inspire everyone to love and cherish each other and our precious Mother Earth.



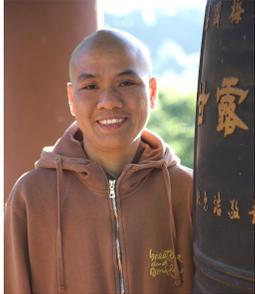
Brother Nguyễn Lực (Brother Source of Strength)

Brother Strength became a monk at the age of 17. Through his own experience as a young monk, he wishes to help young adults to find ways to take care of their sufferings, to empower them with concrete skills that can help them to face societal pressures. He is inspired to follow Thay's legacy of continually renewing Buddhism so the Dharma can be appropriate for the times. When Brother Strength is not behind the control deck to live-stream online Dharma events, he loves to write calligraphy, drink tea, and read poetry.



Sister Tông Nghiêm (Sister True Adornment with Tradition)

Sister Tradition is one of the most energetic nuns in Plum Village. On any given day, one could find her baking cakes in the morning, filming a Dharma talk, listening to her younger siblings, taking care of the finances of the sangha ... all adorned with her signature laughter. Her mantra in the practice is: *"If you open your heart, others will transform"*. And her approach to life is: *"I just try to live each day happily."*



Sister Biện Nghiêm (Sister Adornment with True Eloquence)

Sister Eloquence first ordained in 2009 and has lived in Maison de l'Inspir (Paris) and the Lower Hamlet, France. Being part of the office team, she is the first embodiment of patience and loving kindness that retreatants encounter when they arrive in Plum Village. Her aspiration as a nun is to transform herself as well as her blood family, and to bring Thay's teachings to all parts of the world.



Sister Trắng Lộc Uyển (Sister Deer Park)

Sister Deer Park is inspired to engage in the path of Applied Buddhism that Thay has opened for all of us. Her aspiration is to play an active role in building and developing the Buddhist nun's order in the West, and renewing it in Asia. She loves connecting with the Wake Up youth generation and rejoices in their ability to make a difference in society. Each year, many children come to Plum Village to look for Sister Deer Park. She is at once playing with them: hiking, biking, playing football, watching the sun rise ... and skillfully sharing the practice with them.



Sister Trắng Linh Mẫn (Sister Sacred Wisdom)

Sister Sacred Wisdom became a nun in 2014, in the last ordination family that was directly ordained by Thay. She loves to enjoy the noble silence of tea and taking care of orchids, and delights in finding new paths within her and in her spiritual life. A kind and compassionate listener, she is dearly loved by her sisters, who like to encourage her to sing her beautiful songs in Russian!



Sister Trắng Thuần Hậu (Sister Kind Loyalty)

Sister Kind Loyalty comes from a family with several monastics. She was inspired by her elder cousins to become a nun when she saw how the practice helped them to remain peaceful by the side of aging and dying family members. Sister Kind Loyalty loves to find ways to introduce the practice to young children in a fun and playful way. She herself is also a big kid at heart - always smiling and encouraging the sisters around her to join in mindful dance and games.