

INTRODUCTION

In rapidly civilized societies, we are living at a fast pace. Zen meditation is a way to help people release life's pressures. Our minds will be light, pure, and peaceful . . . with less toxicity, worry, and attachment . . .

In order to share these tangible benefits—as well as guide the order of nuns and Vietnamese Buddhists currently living in the US—we also have a weekly Zen meditation class for American practitioners who want to learn and apply Zen to their lives.

For the sake of both theory and practice of Zen, we have a dharma talk after the meditation session and Dharma reciting rituals. The talk clarifies some issues about Zen, shares experiences about its practice, and answers questions from practitioners.

The Dharma talks will be introduced to everybody in bilingual Vietnamese / English pamphlets that will offer a more dimensional perspective, especially to young Vietnamese Buddhists. . .

We hope these talks can help many to clearly understand how to practice Zen meditation to enjoy a life of peace and happiness at this very moment and in the future. . .

The Resident Nun
Vo Uu Meditation Monastery
Thich Nu Dong Kinh
3.2008

Introduction for “The Secret of Life”

In this first Dharma talk, we would like to introduce to you:

THE SECRET OF LIFE

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