



Discussion Questions: *Learning True Love*

by Sister Chân Không

Section 6: Exile & Vietnam 1989-2005 (Chapters 22-25)

Sister Chân Không (Sư cô) shares about her experience of becoming a fully ordained nun and living in Plum Village, France. She details the creation of Deer Park Monastery in California as well as her first visit back to Vietnam since she left at the beginning of 1969, which included many challenges and joys.

1. What story in this section stood out to you?
2. Sister Chân Không shares about some ways in which becoming a fully ordained monastic helped her to struggle less and practice with more ease. Are there any monastic practices or ways of being that you feel inspired to try implementing into your daily life?
3. Have you been to Plum Village, Deer Park, or another monastery that practices in the Plum Village tradition? What has your experience been like reading about the beginnings of these practice centers?
4. This most recent edition of *Learning True Love* was published in 2007, nearly twenty years ago. What questions do you have about Sister Chân Không's life over the past two decades?
5. What is one way that you would like to continue Sister Chân Không in your thoughts, speech, or actions?



Sr. Chân Không with Sr. Định Nghiêm (left) and Sr. Linh Nghiêm (right) at Từ Hiếu temple in Huế, Vietnam

Sister Chân Không (birth name Cao Ngọc Phượng) was born in a village on the Mekong River Delta in 1938. She has devoted her life to the development and practice of nonviolence grounded in the Buddhist precepts of non-killing and compassionate action. She is part of the community of Zen Master Thích Nhất Hạnh and lives in Plum Village, France.