



## Discussion Questions: *Learning True Love*

by Sister Chân Không

Section 2: Working for Social Change 1962-1965

Sister Chân Không (Sư cô) details the nonviolent work that she and other students were doing to relieve the suffering of Vietnamese people, as well as the violence they witnessed and dangers they faced. She explains how her practice helped her to understand both those suffering deeply from harm and those causing it.

1. How did you feel reading the experiences of young students working for social change in Vietnam in the 1960s? How did these stories contrast or align with the history that you were taught about this period of war?
2. Which stories from Vietnam in the 1960s feel relevant to you today?
3. Sư cô describes the moment when she understood how Americans could “still go about their daily business” because what they saw on TV didn’t connect them to the lived experience of those suffering in Vietnam. How can those of us fortunate to live in relative peace and safety be inspired to work for social change with serene determination?
4. Sư cô’s “fuel” was living simply and practicing one Day of Mindfulness each week. What fuel keeps you going and helps you avoid burnout?
5. How was your experience reading the Fourteen Mindfulness Trainings in the context of their development and practice by young Vietnamese Buddhists working for peace and liberation amid war and oppression?



**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.