

DUNG NGUYEN

Sayalay Vijañāṇī (Tue Minh)



- Buddhist Nun
- Dhamma & English Instructor



INTRODUCTION

Hello, I'm a 10-year Theravada Buddhist nun.

Many of you might be surprised to meet a Buddhist nun who also feels such a strong pull towards education. I am Dung Nguyen, Vijañāṇī (Tue Minh), a Vietnamese Buddhist Sayalay, and for the past ten years since 2014, I have walked the path of a renunciate life, seeking peace and understanding through the teachings of the lofty Teacher, Sakyamuni Buddha. It's been a journey of self-discovery, of learning to quiet the mind and cultivate compassion. But alongside this journey within, there's always been another fire burning brightly—a passion for education. It might seem unconventional for someone who's embraced a life of simplicity, but knowledge, to me, is a powerful tool for liberation. It allows us to understand the world around us, to penetrate through the veil of ignorance, and ultimately, to alleviate suffering.



I truly believe that I can use the knowledge and experience I've accumulated, both within and outside the monastery, to illuminate the path for others and contribute to a world filled with understanding and compassion.

- Dung Nguyen

Personal

Most Unique Place

Myanmar, a land steeped in ancient Buddhist traditions. The serene monasteries, the warm hospitality of the people, and the profound spiritual experiences made it truly unforgettable.

This is a unique place in the world that can preserve the origin of Buddha teachings and profound practical meditation instructors with genuine experience.



Favorite Tradition

The practice of mindfulness and insight meditation, a cornerstone of Buddhist philosophy. It's a simple yet powerful tool for calming the mind, increasing focus, and cultivating inner peace.

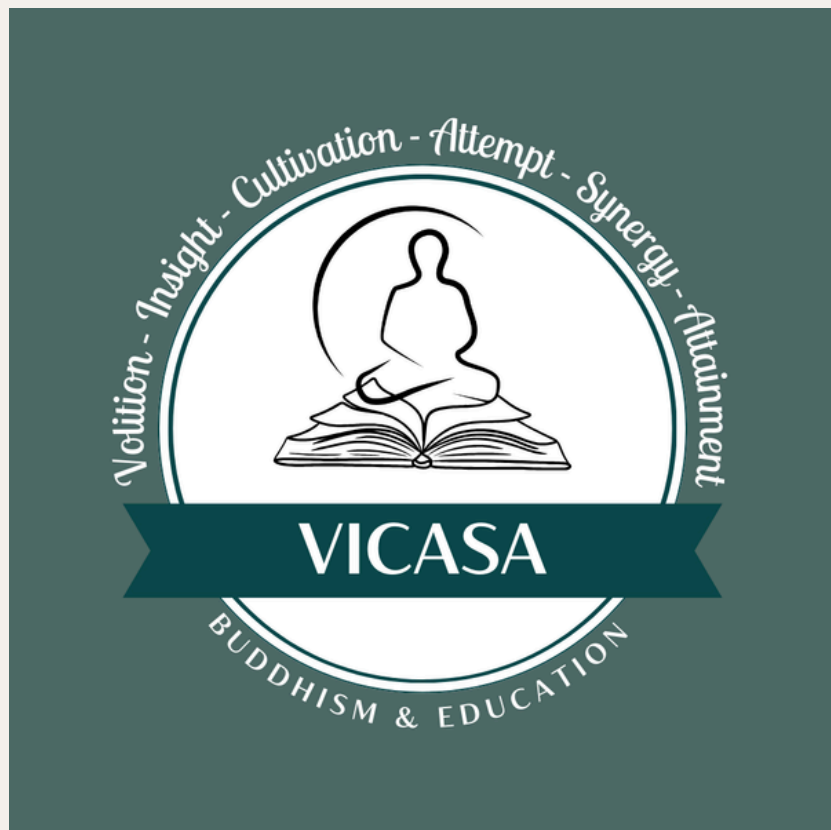
Practitioners will pursue and nourish the threefold training of morality, concentration, and insight to cultivate meditation practice on the way of reaching ultimate liberation and enlightenment.

Best Local Food

While I can't pinpoint a specific dish, I'd recommend exploring the diverse culinary scene in Vietnam. From the flavorful pho to the fragrant spring rolls, there's something to satisfy every palate.



Professional



Most Exciting Part

Creating a VICASA Lifelong Learning community to share English knowledge and Buddhist experience with followers. Translating and interpreting dhamma talks from various teachers around the world. The opportunity to inspire young minds and empower them to reach their full potential. Witnessing the learner's successful moments and seeing them grow into confident, compassionate individuals is incredibly rewarding.



Best Advice

"The only true wisdom is in knowing you know nothing." – Socrates. This reminder of the limits of human knowledge keeps me humble and open to new ideas.

Patience, perseverance, and insight are the keys to unlocking our potential.

- **Patience:** Understand that success takes time. Don't rush through processes or expect immediate results. Embrace the journey, learn from setbacks, and trust in the power of consistent effort.
- **Perseverance:** Stay committed to your goals, even when faced with challenges or obstacles. Develop resilience, maintain a positive mindset, and keep pushing forward, no matter how difficult it may seem.
- **Insight:** Cultivate self-awareness and seek out diverse perspectives. Reflect on your experiences, learn from others, and use critical thinking to gain deeper understanding. This will help you make informed decisions and adapt to changing circumstances.



Biggest Challenge

Balancing the demands of a traditional academic curriculum with the need to foster critical thinking and creativity. I strive to create a learning environment that encourages curiosity, innovation, and a lifelong love of learning.



This is the beginning of something good.

Unexpected Moment

I'm going to lead a mindfulness meditation session for the entire faculty. Never thought I'd be sharing ancient practices with colleagues in a modern academic setting.

Surprising Insight

- My journey as a Buddhist nun has profoundly shaped my approach to education. The emphasis on compassion, mindfulness, insight, and self-awareness has enhanced my ability to connect with students on a deeper level.
- This brings me to the insight that Buddhism is the greatest educational system; incorporating Buddhist teachings into education is the best way to foster human wisdom.

