



Buddhapath/Eleven Directions

TEACHERS

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



Dharmacharya Shantum Seth is an ordained 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 Chân Tuệ Nghiêm (*Adornment with Insight*)



Sister Tuệ Nghiêm (“Sr. Insight”) ordained as a novice nun on December 11th 1993. She received full bhikshuni ordination on December 2nd 1996, and the Lamp Transmission from Thầy to become a Dharma Teacher on February 19th, 1999.

Sr. Tuệ Nghiêm was born in Vietnam, and grew up in California, USA. Influenced by her loving and spiritual mother, she joined the Vietnamese Youth Buddhist Society as a teen. She studied psychology at university, with a strong interest in the mind and the aspiration to alleviate the mental pain she saw around her. The same interest and aspiration then brought her to Plum Village France, where her elder brother (Brother Pháp Đăng, “Br. Dharma Lamp”)

had already ordained under Thầy. After the sojourn at Plum Village, she returned to California. The contrast between the malaise of a fast-paced living and the simple, fulfilling life at Plum Village helped set her life direction. Sr. Tuệ Nghiêm balances her time in administrative roles with growing organic vegetables on the New Hamlet “Happy Farm”. She firmly believes in taking care of the body to sustain the practice, thus shares her experience in holistic medicine, yoga, Qi Gong, and nutrition with the community. Her favorite practices are breathing, walking, and reflecting on the sutras. She also enjoys learning neuroscience, Chinese, and loves to knit socks, swing in a hammock, listen to Mozart, and make samosas for the community.

Sister Tuệ Nghiêm regularly leads retreats in Europe, Asia, and North America. While at home in New Hamlet, she finds many ways to be with her younger sisters: hiking, mentoring, teaching the precepts, Buddhist psychology, and Vietnamese/English classes, driving and car maintenance.



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Sr. Tậi Nghiêi, also known as Sister Presence, is a dynamic and talented sister and active member of the Plum Village community. She was ordained in 2009 and received the Dharma Lamp Transmission in 2020. Born in Vietnam, she is also fluent in English and French. She worked closely with Thay as an editor of Vietnamese books, articles, and the annual Plum Village Vietnamese newsletter. Sr. Tậi Nghiêi comes from central Vietnam, and loves being in nature and singing. She also enjoys drinking tea and reading a good book.