

## MONASTIC FACILITATORS



### **Brother Pháp Lu'u**

Ordained as a monk since 2003, Brother Pháp Lu'u (Brother Stream) received Transmission of the Lamp from Zen Master Thích Nhất Hạnh to teach in 2011. He helped start Wake-Up, the international movement for young people, as well as the Happy Farm, Plum Village's organic farming community, and has been working with Wake-Up Schools since its inception in 2012 to bring mindfulness to schools. He has served as a monastic editor several of Thích Nhất Hạnh's books including Happy Teachers Change the World, Stepping into Freedom, Cracking the Walnut, The Admonitions and Encouraging Words of Master Guishan, and How to Focus. Brother Pháp Lu'u leads mindful backpacking retreats in nature around Deer Park Monastery in Escondido, California and has been working lately with scientists at Dartmouth College and Harvard T.H. Chan School of Public Health to develop research on the effect of Plum Village mindfulness practices on children. Brother Pháp Lu'u serves on the Advisory Board of the Thích Nhất Hạnh Center for Mindfulness in Public Health at the Harvard T.H. Chan School of Public Health.



### **Brother Năm Sắc**

Brother Chan Troi Năm Sắc (Brother Five Colours), a Vietnamese monastic ordained in 2011, first encountered the Plum Village tradition in the summer of 2007 at a youth retreat at Prajna Monastery, in Vietnam. Encouraged by a family friend, his mother brought him and his older brother to the retreat—a transformative experience that inspired both to follow the monastic path. Today, his brother is also a monk at the Thai Plum Village. As an active member of the Dharma Teacher Council, Care Taking Council, and Sound Team, Brother Năm Sắc plays a vital role in the monastery. He is responsible for organizing events and activities, as well as managing the sound system to support the Sangha's daily practices and ceremonies. Brother Năm Sắc nurtures his creative and communal spirit through hobbies such as playing the violin, listening to classical music, making coffee for his fellow monastics, and sharing his love of cooking with the community.



### **Brother Đạt Nguyễn**

Brother Đạt Nguyễn (Brother Attained Aspiration) began practicing with Plum Village in 2007 as a lay friend, seeking a path to healing and transformation, especially from depression. His first retreat, *Happiness in Your Hands*, was held at the Tu Hieu-root temple in Hue, Vietnam. Deeply inspired, he continued his journey with the lay Sangha *Free Cloud* in Da Nang before ordaining as a monastic in 2013 at the Thai Plum Village. After ten years of dedicated practice, he moved to Deer Park Monastery in 2023, where he continues to practice and serve the community. His journey has also led him to engage with young people through the Wake-Up program in Thailand, sharing mindfulness practices to support their well-

being. Brother Đạt Nguyễn finds deep joy in living simply and harmoniously with nature. He believes in the healing power of the natural world and enjoys using sunlight for cooking, reflecting his appreciation for sustainability and the abundance of solar energy. He sees mindful music as a powerful tool for transformation, particularly in helping young people find healing and peace.



### **Brother Pháp Xả**

Brother Pháp Xả is a Dutch monk and was ordained in Plum Village in February 2003. He became a Dharma Teacher in January 2010. Starting in July 2010 he had lived and taught in the EIAB (European Institute of Applied Buddhism) in Germany. He is especially known there for the many hiking retreats he has lead over the years.



### **Brother Minh Niệm**

Brother Minh Niệm (Brother Mindfulness), is an American monk ordained in 2020 at Deer Park Monastery. He began his journey with the Plum Village tradition in 2004 after attending a Dharma talk by Thích Nhất Hạnh with his parents at Deer Park Monastery. Brother Minh Niệm finds joy in painting, baking sourdough bread, hiking, backpacking, and savoring tea at sunrise from the new monks' residence in Solidity Hamlet.



### **Sister Trăng Chùa Xưa**

Sister Trăng Chùa Xưa (The Moon over The Ancient Temple) was ordained in 2010, at the age of 29, by Zen Master Thích Nhất Hạnh at Plum Village Thailand. A university graduate with a major in Sociology from Ho Chi Minh City, Viet Nam, her mindfulness journey began in 2008 after reading *The Heart of the Buddha's Teaching* by Thích Nhất Hạnh. She deepened her practice at Bat Nha Monastery, Plum Village Vietnam, attending monthly retreats and becoming a founding member of the Wake-Up Sangha (Xuân Phong Sangha) in Ho Chi Minh City. Upon ordination in 2010, she joined the Golden Bamboo monastic family with thirteen brothers and sisters, all of whom continue to practice joyfully within the Plum Village community worldwide. In 2012, she was transferred to New Hamlet in Plum Village France and later to Maison de l'Inspir in Paris. In 2020, she received the Lamp Transmission at Plum Village, European Institute of Applied Buddhism in Germany and two years later she arrived at Deer Park Monastery in Escondido, California, marking her 15th year as a monastic. In 2023, she was part of the organizing team for *The Buddha The Scientist Retreat* at Deer Park Monastery. She aspires to bring mindfulness practice to young people in modern society, who have vast amounts of knowledge but often lack essential skills to cultivate inner stability and freedom in heart.



**Sister Thành Nghiêm** (Sister True Spirit), currently resides at Deer Park Monastery in Escondido, California.



**Sister Thệ Nghiêm** (Sister True Vow), currently the abbess of White Crane Hamlet at Blue Cliff Monastery, is a second-generation Vietnamese-American who grew up in Pennsylvania. She is one of the pioneers of Blue Cliff Monastery, helping to guide its transformation from a family holiday resort into a mindfulness practice center. As a musician, she has composed several chants and songs since becoming a nun. She has a deep interest in Buddhist psychology and its connection with Western psychology, merging the two to help people heal and touch their fullest potential.



**Sister Thể Nghiêm** (Sister True Nature), Sister Thể Nghiêm is a Dharma teacher in the Plum Village tradition. Born in Vietnam in 1989, she entered monastic life as a novice at the age of 16. She formally received the novice precepts on January 8, 2006, at Bát Nhã Monastery, taking the Dharma name *Tâm Quảng Quang* and the monastic name *Chân Thể Nghiêm*. She belongs to the *Persimmon Tree* monastic family. In 2010, she received full ordination as a bhikshuni during the *Narcissus Water* Grand Ordination Ceremony. In 2014, she was entrusted with the Lamp Transmission in Plum Village, receiving the following gatha:

*"The beauty of the precepts shines forth,  
Ornamenting the land with dignity.  
On the path, flowers of true goodness bloom,  
Fulfilling the deep aspiration to serve."*

Sister Thể Nghiêm is the 352nd monastic disciple of Zen Master Thích Nhất Hạnh. She is part of the 43rd generation in the Lâm Tế (Linji) Zen lineage and the 9th generation in the Liễu Quán Dharma line.