



healing

A Woman's Journey from Doctor to Nun

Sister Dang Nghiem

"Sister Dang Nghiem's story is an inspiring example
of how to move towards joy." —Thich Nhat Hanh

Healing A Womans Journey From Doctor To Nun

Sister Dang Nghiem



Healing A Womans Journey From Doctor To Nun:

Healing Sister Dang Nghiem, 2006-10-09 This extraordinary story takes the reader from the rice fields of Vietnam to the peaceful surrounding of Thich Nhat Hanh's monastery in Plum Village where Sister Dang Nghiem took refuge There she gained a deep understanding of the Buddhist teachings of mindfulness forged in the fire of her own life experience Ordained as a nun by Thich Nhat Hanh who gave her the name Dang Nghiem adornment with nondiscrimination Healing shows how the insights gained by her personal experiences now enable Sister Dang Nghiem to become a support and resource for others With humor insight and an irrepressible sense of joy Sister Dang Nghiem story demonstrates how one woman's unique path can provide clarity and guidance for everyone Foreword by Thich Nhat Hanh *Mindfulness as Medicine* Sister Dang Nghiem, 2015-03-02 A Buddhist nun shares her profound journey of healing plus step by step directions for embracing and transforming suffering through mindfulness meditation and other techniques Before she became a Buddhist nun in the tradition of Thich Nhat Hanh Sister Dang Nghiem was a doctor She'd traveled far in her 43 years Born during the Tet Offensive and part of the amnesty for Amerasian children of the late 1970s Dang Nghiem arrived in this country virtually penniless and with no home She lived with three foster families but graduated high school with honors earned two undergraduate degrees and became a doctor When the man she thought she'd spend her life with suddenly drowned Sister Dang Nghiem left medicine and joined the monastic community of Thich Nhat Hanh It is from this vantage point that Dang Nghiem writes about her journey of healing in *Mindfulness as Medicine* Devastated by the diagnosis and symptoms of Lyme she realized that she was also reliving many of the unresolved traumas from earlier in her life She applied both her medical knowledge and her advanced understanding and practice of mindfulness to healing Through meditation she finally came to understand what it means to master suffering **Leading with Love** Hisae Matsuda, 2018-10-16 When the world is burning with anger divisiveness and fear this book of inspiring quotes selected by the editors of Parallax Press is a still small voice in the storm that will bring peace of mind to the reader With delicate illustrations by artist Maude White this book speaks to the vulnerability and courage of holding space for the loving connected and more beautiful world our hearts know is possible This book is gift solace and inspiration for idealists progressives and anyone fighting the good fight In the long tradition of spiritual activists from Martin Luther King Jr and Thich Nhat Hanh to new and less known voices this book of 100 quotes draws from a range of contemplative traditions and offers wisdom and nourishment for anyone engaged in working for a more compassionate world Quotes include those by Thich Nhat Hanh Sister Chan Khong Joanna Macy Sulak Sivaraksa and others on themes of awareness idealism kindness self compassion truth telling transformation resilience and love

Flowers in the Dark Sister Dang Nghiem, 2021-01-26 Profound and hopeful Sister Dang Nghiem integrates the neuroscience of trauma effective treatments and mindfulness training Highly recommended Rick Hanson PhD author of *Buddha's Brain* Learn the accessible and deeply compassionate practices for healing trauma known as the Five Strengths of

applied Zen Buddhism More than a philosophy these body based practices are backed by modern neuroscience research and they can be applied by anyone suffering from trauma to begin experiencing relief Mindfulness teacher Sister Dang Nghiem MD is an inspiration for anyone who has ever suffered from abuse life changing loss severe illness or the aftermath of war In *Flowers in the Dark* she brings together her lived experience as a survivor certified MD and ordained Buddhist teacher to offer a body based practical approach to healing from life s most difficult and painful experiences Offering insights from Buddhist psychology and simple somatic practices for tapping into our Five Strengths our inner faculties of self trust diligence mindfulness concentration and insight Sister Dang Nghiem s approach to trauma is radically accessible it begins with awareness of our breathing With each chapter containing a progression of guided reflections and exercises this book can be read as an adjunct to therapy and a helpful guide for moving through trauma in the body With the practice of mindfulness we can access our strength as survivors and our joy in being alive

The Oxford Handbook of Contemporary Buddhism Michael K. Jerryson, 2017 The Oxford Handbook of Contemporary Buddhism offers a comprehensive collection of work by leading scholars in the field They examine the historical development of Buddhist traditions throughout the world from traditional settings like India Japan and Tibet to the less well known regions of Latin America Africa and Oceania

Seeds of Love Jerry Braza, Ph.D., 2012-02-28 Using the garden as a metaphor *The Seeds of Love* is a charming guide to creating your own mindfulness The development of the practice of mindfulness and its tools can help to maintain a state of awareness and openness to oneself and others In *The Seeds of Love* readers interested in Zen Buddhism will learn how to nurture metaphorical seeds such as compassion joy and generosity and how to use personal challenges such as jealousy anger and self doubt as a tool for growth The 20 chapters include Seeing It All Begins with the Gardener Being Watering the Seed of Mindfulness Watering Seeds of Love and Transforming Seeds of Suffering Deep Listening Creating a Legacy as a Master Gardener Tending Your Inner Garden Using precepts from many faiths and traditions *The Seeds of Love* offers simple basic actions to help readers reach the best within themselves and share it with those around them It will be an invaluable guide to anyone seeking deeper and more conscious relationships

Not Quite Nirvana Rachel Neumann, 2012-09-18 The book is a memoir of how a skeptical fast talking New Yorker became Thich Nhat Hanh s editor turned forty realized she was aging and slowly and reluctantly started to absorb mindfulness practice and grow up Scenes with Thich Nhat Hanh and the author s two vividly exuberant older parents illustrate how the author adapts mindfulness techniques for the busyness of her life without losing her edge With honest and vivid stories about dealing with difficult relationships with family members death illness vanity exhaustion and creating a safety net of joy the author explores and offers guidance for three key mindfulness practices Knowing When You re Available and When You re Not Full Attachment Living and Interbeing Other People are Not a Hobby This book is designed for adults who are new to mindfulness practice Buddhism curious skeptics people familiar with the practice who want a personal story and those interested in

memoir *Ancient Vietnam: Temples, Myths and Lost Kingdoms* Learn Alchemical, 2025-08-08 Tens of thousands of years ago before Vietnam bore its name the region's limestone caves and dense forests echoed with the footsteps of a resilient people later known as the Hoabinhian culture Named after the province of Hoa Binh where their archaeological remains were first uncovered in the 1920s these people represent one of Southeast Asia's most significant and longest lasting prehistoric traditions Lasting from approximately 18 000 BCE to 4 000 BCE the Hoabinhian culture spanned the Upper Palaeolithic through the Mesolithic and even into the Neolithic in some areas **The River in Me** Sister Dang Nghiem, 2024-08-20 Find refuge and wisdom with a student of Thich Nhat Hanh in the pages of this poignant poetry collection that speaks to the heart of overcoming life's adversities Zen style This profound poetry collection written by a disciple of Zen Master Thich Nhat Hanh charts a journey from turmoil to tranquility In this deeply personal work Sister Dang Nghiem known for her insightful and compassionate teachings unveils a journey of transformation and healing that bridges two pivotal phases of her life the years prior to her monastic ordination and the profound insights gained thereafter This unique compilation divided into two distinct parts illustrates Sister Dang Nghiem's evolution not just as a poet but as a spiritual practitioner The first half spanning 1989-1999 offers a glimpse into her pre-monastic life filled with yearnings for reconciliation and liberation yet entangled in suffering and attachments The latter half encompassing her writings from 2000 to 2023 reflects a stark transformation imbued with the wisdom and tranquility of her Zen practice Not just a display of poetic prowess but also a testament to Sister Dang Nghiem's resilience and spiritual growth these poems resonate with honesty and vulnerability providing readers with a candid testament to the life-altering power of healing through mindfulness and deep community The River in Me offers a path toward inner peace and wholeness for those navigating the complexities of life and is an essential read for anyone seeking solace and understanding Includes 17 black and white photographs prior to and after monastic ordination *Mindfulness as Medicine* Sister Dang Nghiem, 2015-03-02 A Buddhist nun shares her profound journey of healing plus step-by-step directions for embracing and transforming suffering through mindfulness meditation and other techniques Before she became a Buddhist nun in the tradition of Thich Nhat Hanh Sister Dang Nghiem was a doctor She'd traveled far in her 43 years Born during the Tet Offensive and part of the amnesty for Amerasian children of the late 1970s Dang Nghiem arrived in this country virtually penniless and with no home She lived with three foster families but graduated high school with honors earned two undergraduate degrees and became a doctor When the man she thought she'd spend her life with suddenly drowned Sister Dang Nghiem left medicine and joined the monastic community of Thich Nhat Hanh It is from this vantage point that Dang Nghiem writes about her journey of healing in *Mindfulness as Medicine* Devastated by the diagnosis and symptoms of Lyme she realized that she was also reliving many of the unresolved traumas from earlier in her life She applied both her medical knowledge and her advanced understanding and practice of mindfulness to healing Through meditation she finally came to understand what it means to master suffering **Rinascere**

Sister Dang Nghiem, 2023-07-28 Un libro bello utile e profondo che propone un percorso per guarire dal trauma utilizzando la mindfulness ispirata agli insegnamenti di Thich Nhat Hanh Sister Dang Nghiem riunisce la propria esperienza di vittima di abusi sessuali di medico e di monaca buddhista per offrire un approccio pratico basato sul corpo per curare le esperienze più difficili e dolorose della vita Ogni capitolo contiene una serie di riflessioni ed esercizi guidati che portano immediato beneficio a chi soffre Questo libro può diventare un'integrazione alla terapia psicologica e una guida per superare il trauma nel corpo

Ich war einmal ein Fluss Dang Nghiem, 2012-03-15 Diese ergreifende Geschichte einer jungen Frau führt uns von den Reisfeldern Vietnams an die Küste Kaliforniens und von dort zur Zen Gemeinschaft Thich Nhat Hanhs im Südwesten Frankreichs Dang Nghiem wurde während des Krieges in Vietnam geboren ihre Mutter ist Vietnamesin ihr Vater ein US amerikanischer Soldat Sie erfüllt den Wunsch ihrer geliebten Großmutter als sie nur mit ihrem kleinen Bruder an der Seite in die USA aufbricht und sich zur Ärztin ausbilden lässt um anderen Heilung zu bringen Der plötzliche Tod ihres Geliebten wird zum dramatischen Wendepunkt in ihrem Leben Sie erkennt dass sie selbst Heilung braucht und begibt sich in die Zen Gemeinschaft von Thich Nhat Hanh Schwester Dang Nghiem erzählt während und mit ungebrochen freudigem Gemüt ihre Geschichte Eine Geschichte die Mut machen kann auch jenen die selbst Leid und Verlust erfahren haben **Women and**

Missions, 1924 *Healing and Medicine* Paul Dieppe, 2023-12-29 Healing is on many people's minds today In the wake of the COVID 19 pandemic and a host of other disruptions and disasters many of us feel that we need healing in our personal lives for the environment and for our planet But healing is rarely defined and is not an accepted part of medicine in the West This book examines the relationship between healing and medicine through the eyes of an academic physician who changed his interests from biomedical research to healing late in his career in medicine It is based on his experiences and stories of his encounters with patients practitioners and others for whom healing has had a particular significance as well as his rigorous research into the subject A central theme of the book is that modern medicine needs to be more pluralistic in its approach to health and accept that spirituality and healing techniques have roles to play alongside scientific medicine which currently has its base in materialism alone Healing the Soul after Religious Abuse Mikele Rauch, 2009-03-20 Recent

scandals of clergy sexual abuse have brought attention to the victims and their responses to and recovery from their abuse But few have considered the effect of the abuse on a victim's soul and religious outlook and beliefs *Healing the Soul after Religious Abuse* offers a unique perspective of recovery and restoration of the soul after religious abuse The author argues that religious abuse often stops not only psychological growth but also inward development The effect is not simply emotional because the devastation reaches to the core of the spirit Often there is no place for a God of love or a love of what once was divine Through a series of personal interviews with persons from the five major religions Rauch considers various ways that religion can do harm The stories told in this book include the road to restoration in the wake of institutional abuse and how inner experience is sometimes confused with religious training the sacred task of spiritual leadership and how to restore

trust when there has been a violation an exploration of sacrifice and a clarification of the notion of shame a look at the impact of religious bigotry in the areas of race sexuality and tolerance an overview of sexuality and the place it holds in both celibate and family life the pernicious issue of clergy sexual abuse and the signs of spiritual trauma in response to such violation a roadmap for restoration and a challenge to religious institutions and lastly ways to reclaim the sacred and rewire the spirit Through interviews research and personal stories the author tells a story of recovery of the most delicate kind offering pathways through the dark night of religious violation to a restoration of the soul and its immense possibilities **Stories Behind Women of Extraordinary Faith** Ace Collins,2009-08-30 Twenty women whose faith has reshaped the world Ace Collins employs all his storytelling skill to uncover the deeply personal stories of women whose faith shines for us today Explore twenty different tales of unparalleled inspiration Learn how each woman s prayers were heard and answered and discover how each story can light the way on your own journey of faith *Life in Crisis* Peter Redfield,2013-02-25 Parts of the chapters were published previously **My Healing Heart** Rosalie B. Kahn,2011-09 My Healing Heart is the simple true story of Rosalie s search for God and love Her quest began early in life catalyzed by a painful childhood marked by sexual and emotional abuse As this story unfolds you are given a window into Rosalie s trials tribulations and joys during her lifelong search for love and truth It s her story but it s also your story If you suffered from abuse or some other form of betrayal no one taught you how to make sense of what happened No one showed you how to heal No one gave you a map of how to communicate your feelings without harming yourself or others in the process My Healing Heart will help you to understand through Rosalie s challenges heartaches and personal healings that you have a multitude of resources for overcoming your own obstacles You will learn through her experiences and through her wisdom gained from applying the philosophies and teachings of respected spiritual masters like Edgar Cayce the sleeping prophet You will also share her journey across several continents during her twenty six year career in the US Foreign Service After reading My Healing Heart you will have no doubt that your heart can also be healed God's Eugenicist Andrés Horacio Reggiani,2007 The temptations of a new genetically informed eugenics and of a revived faith based world wide political stance this study of the interaction of science religion politics and the culture of celebrity in twentieth century Europe and America offers a fascinating and important contribution to the history of this movement The author looks at the career of French born physician and Nobel Prize winner Alexis Carrel 1873 1944 as a way of understanding the popularization of eugenics through religious faith scientific expertise cultural despair and right wing politics in the 1930s and 1940s Carrel was among the most prestigious experimental surgeons of his time who also held deeply illiberal views In *Man the Unknown* 1935 he endorsed fascism and called for the elimination of the unfit The book became a huge international success largely thanks to its promotion by Readers Digest as well as by the author s friendship with Charles Lindbergh In 1941 he went into the service of the French pro German regime of Vichy which appointed him to head an institution of eugenics research His influence was remarkable affecting radical

Islamic groups as well as Le Pen's Front National that celebrated him as the founder of ecology **The Critic** ,1889

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