

Testimony from Christelle (translated from French)

My name is Christelle, I am a woman of 36, I have been in a relationship for 17 years and married for 11 years. I have two girls aged 9 and 5 years. I live in the South of France. Currently I work at home for the company of my husband.

Buddhism has always attracted me although I don't really know it. In the last few years, I have been trying to live in the present moment, a practice that I have learned through reading several books.

Through my sister-in-law, who was a patient of Dr. Tran, I attended a monthly meditation course in Toulouse, which made me want to go further.



Retreat at Péguilhan with the Venerable Triet Nhu

So I had the privilege to meet the Venerable Triet Nhu, who taught us meditation techniques as well as recent scientific findings on how the brain operates during meditation.

Following this seminar, once I got home, I put meditation in practice during my daily activities. That is to say, I mainly practiced "Do only one thing at a time" while being aware of this thing. (Examples: when I do the dishes, I do not think that I have to do next, but I feel the water flowing on my hands, the smell of detergent, the contact made by each material on my hands... Likewise when I do the washing, the cleaning, etc.).

This allowed me to have a calm mind several times a day. And I quickly realized that my daily tasks became more enjoyable and I needed less time to complete them. Because I was no longer trying to do several things simultaneously, which ended up taking me more time to complete.

Then sometimes in the week, I practiced meditation for 10 minutes to 15 minutes with a little Qi Gong.

When I was in nature, I practiced meditation using the sweeping gaze technique, and the walking meditation, even for only 5 minutes, several times during my walks.

So gradually I built this mode of being into my life, and I realized that, with my mind becoming calmer, I became more and more serene.

I tried as much as possible not to be judgmental and see people and things as they are, as a whole and in reality.



Retreat at Péguilhan with Venerable Thich Khong Chieu

Then came the time for me to participate in a retreat at Péguilhan with two masters, Venerable Thich Khong Chieu and the Venerable Thich Nu Triet Nhu.

The training covered the Samatha and Samadhi meditation techniques.

We practiced a lot (4-5 times daily), which allowed me to strengthen my coded memory. As a result, I experienced samadhi which gave me a silence so deep that it flooded me with joy. The first time was quite magical, as this feeling of well-being was so intense. And like all good things, we want to relive it again and again. It was really this silence in a calm mind that made me want to practice meditation.

We learned the Khong Noi technique. It was very powerful as the words vibrated through my body.

What was extraordinary was the fact that if we practice, practice and practice more, there is a kind of memory in our brain (cognition) that allows us to achieve this great silence in the mind more and more quickly.

Since my return, I found it amazing that by pronouncing or muttering Khong Noi, I found a calm mind. So I understood that no matter what I was doing in my everyday life, I can practice Khong Noi (while driving, walking, taking a shower, being in noisy places, ...), that is every little moments when I am not obliged to operate my memory or my intellect.

I am proof that an ordinary woman or man (like me), with an ordinary life (husband or wife with children) can integrate the practice of meditation into his/her life.

This allows me to see life on its most beautiful side and with a mind without tumults. Of course, I sometimes still think and think about all the things that I have to deal with in my daily life. But from time to time in my day, my mind is calm and quiet, without thinking! AND WHAT A NICE FEELING !!!! And there, the stress flies away immediately!

I would like to thank from the bottom of my heart all those people who helped me know and live this beautiful gift of life, meditation.

Christelle,
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