

Testimony from Vèrène Gaschen (translated from French)

Hello,

This is a short note to express my gratitude and say a big thank you for your teachings.

In 2005, I discovered Zen meditation. I took meditation courses with a master in meditation under the Christian tradition. This completely reconciled me with meditation. Why? I previously had some prejudices about meditation, I thought that meditation was not consistent with my beliefs, and there might be a conflict?

Why meditate?

To find who I am, to be at peace with myself and accept myself totally. Practice every day so that meditation becomes a habit, a necessity, a vital need. Not always easy in a modern world where we are bombarded with images, and are encouraged to consume. Sometimes I tell myself that I have made a big step forward, and sometimes I feel that I have stalled, that I am treading water. But who is talking? Ah, it's the same ego, how to silence him? All these comments are just to distract me. If I am honest with myself, I know that I change every moment, this is the law of impermanence.

The purpose of meditation.

It is to find your true nature, your pure essence, your true self. After a few years of not always regular practice, I have made progress. I understand that meditation is to sit, just be there, but you can also find this meditative state of mind in daily life by being attentive. Not always easy to put this theory into practice, but I know it's possible; it's simply a matter of wanting to do it and do your best.

In 2011 I got to know Sunyata meditation. I took a fundamental course in Vaumarcus and I learned a lot about Buddhism and different methods of meditation. I really enjoyed it and have participated in other seminars to continue on this path. I think meditation is an opportunity offered to those seeking more wisdom and balance in their lives; - an opening to all that is possible.

I would like to especially thank the venerable Bikkhuni Triet Nhu for her kindness and for the quality of her teaching. I would also like to thank Mai Huong and her husband Duc who have set up this entire organization in Switzerland. I also thank all the meditators from the Sunyata association whom I've met; it's always a great joy to be in their company, a happiness, a gift in my life. Thank you all.

Vèrène Gaschen
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