

# The Sword of Wisdom Cutting Through Suffering

11 Jan 2025 ~ A Day of Mindfulness

with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister

You are invited to welcome 2025 New Year with A Day of Mindfulness. Together, let's set the well-being tone for the entire year by dedicate a day to nurture the mind & body. Please join us on Saturday 11 January for a Day of Well-being with the theme "The Sword of Wisdom Cutting Through Suffering" (*Giờm Trí Tuệ Cắt Đứt Phiền Nã*). The Event will be hosted at a Library meeting room from 9 AM to 4 PM in Fairfax, VA. The Day will be structured with a balance of talk on the Diamond Sutra (Kinh Kim Cang, Prajñāpāramitā sutra) exploring the teaching that suffering, difficulties are self-caused by the mis-belief, mis-understanding of the Mind, awareness meditation, practical storytelling, light wellness exercises, group discussion, Q&A in a warm, friendly, and supportive environment.

*Looking Forward to Welcome 2025 with Everyone!*

This Non-religious well-being event is for all levels, open to the public and is free based on the 2,600 years old Buddhist tradition. Online registration is required at <https://forms.gle/3DwHQw8kVzseQJ8W7>. Please sign up early, so we can adequately prepare. A voluntary generosity donation of \$50-\$100 per person is suggested to support making the Wisdom teaching freely available and maintaining Sinh Thuc Meditation Center for the benefits of everyone. Donation can be sent electronically via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org or personal check at the event. For additional information, visit <https://www.sinhthuc.org/> or feel free to contact us at registration@sinhthuc.org and (703) 787-3377.



*Hai Nguyen* is a Mindfulness meditation teacher and a Buddhist Minister in the Vietnamese Zen tradition. He is a resident teacher at Sinh Thuc Meditation Center. He frequently led multi-day Mindfulness retreats and Meditation classes for over 30 years. He taught at Saint Leo University in Norfolk, the Northern Virginia Community College in Woodbridge and Alexandria, VA. With many years of experience in teaching the 2,600 years old Mindfulness tradition, Hai is able to share the wisdom teaching in simple terms to understand and provide practical practices that can be integrated in today's busy life of a lay person with family and career bringing about Well-being.

*Sinh Thuc* Meditation Center

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