

Participant voices of the 2018 MSC Intensive Vietnam



I knew I wanted to take this course, because I became aware of the loud and critical voice I've lived with for so long, and we would take a look at that specifically. Specifically, the Vietnam trip I felt may offer new and different ways for growth, that may not be present just here in the U.S.

Course content was thorough and diverse. Many tools are presented for practice, and we are able to cater our practice to what works for us. Great to know we supported locals access to this experience. Loved seeing this country, this city, meeting these locals. Really got to see how mindfulness and meditation can bring people together from all walks of life, and all over the world.

I integrate some form of MSC now in my daily meditation. Usually just a hand on my heart, and recognizing my own efforts and intentions with love and acceptance. Completely changed a world vision of mine of what a "communist" country is like. Want to continue my learning and likely take teacher training for MSC =).

Take every opportunity to get to know the locals! They are amazing! Be present and flexible. Don't have an exact idea of what it has to look like. Embrace what it is like! Drink Coffee!

A major highlight of the training was to hear the experience shared by local delegates -- and recognize the universal inner critic that visits us all. It felt good to know that my tuition made it easier for locals to attend.

I felt that this was an unique opportunity to deepen my practice, and the same time have the possibility to get to know professionals within this field working and living in a different culture. I also felt that it was a possibility to get a glimpse of cultural aspects connected with self-compassion, and challenges that have to do with western vs eastern

cultures. Also very interesting and fascinating to be in a culture like Vietnam, to be in Saigon and the Mekong Delta. I wish it had been possible to spend more time in the Mekong Delta, and had some of the course there. Saigon was nice, but very intense, especially for this kind of practice.

Very good to be a group with local delegates, and support their participation.

I feel that the course has been very enriching, and especially doing it in this cultural atmosphere.

MSC allows me to accept myself as I am, and realize I'm worthy of love, regardless of my professional capacity.

After a long period of depression with my life (work, relationship, finance), I went to a psychological counselor. He told me I did not know how to love myself. His words made me think a lot. This is a hard thing for me, it really confused me. Nobody told or taught me that before. I ask myself how to know - how to love myself? What should I do? and Where should I start? I just said to myself "*I want to be happy, I want to get out of these bad thing*". And then, by some miracle, I saw the Information "Mindful Self-Compassion" workshop on the wall facebook of "Seeds of happiness". How lucky I am! The practical exercises of "Self-Compassion" are helping me a lot in my current life. I feel like a wanderer on a desert, suddenly spotting a well. And "Mindful Self-Compassion" workshop is one of my precious water resources. I am grateful to my teachers.

Now I spend more time for "Self-Compassion" practical exercise, quiet time, as well as observe my senses/ emotions/ body whenever I have stress, I feel calmer than before. I also less judgment myself - and if it happens, I realize it right; then I observe it.

I just want to say thank for your coming to Vietnam for MSC training. I learned so much from this course.

Many years working with young people in Vietnam, I realize that they have some difficulties as low self-esteem, non-purpose living, conflict with parents, apathy with social issues. So, I really want to find out the solution to help them. It is the main reason that inspired me to attend MSC training.

In my case, I also have a period of lack of self-confidence many years ago. The practice of MSC helped me feel better about myself, and I observed myself less self - critique in some unexpected situations. As well, I'm more committed to the plans I deploy for young people. In particular, I find myself seeing many positive things while there are so many negative things going on in my country. Now, I practice mindfulness daily and I am considering to become a mindfulness trainer in the near future.

I am also grateful for international participants. They were kind and open. Sharing with them, I felt connected. I think if all participants have chance to practice MSC together in certain time every month, positive energy will be strengthened. I do the same in my happiness team in Vietnam. So, I am very happy to hear you will support us through online practice. Once again, I give my thanks to your trainer team.

I'm grateful to have had a chance attending The Self Compassion training course. This course changed my mind which inspired me so much in work and life. I was curious about self-compassion and I want to understand clearly about it which I think can help

myself and my friends. As you may know, Vietnamese people are suffering and shouldering the bulk of responsibilities and we are educated to sacrifice ourselves. I can inspire myself but I think it will be better if I can receive the support in work space or society. I wish to receive less negatively judgments by others. My wish can come true only if people know more about MSC. I wish to sustain and widen this experience of integrating mindful self-compassion as well as contribute to the development of MSC community. I think the more people practice self-compassion the more people get happiness, we will have the Happy community.