

The True Peace Toronto practices meditation and mindfulness in the tradition of Buddhist Zen master Thich Nhat Hanh and the [Plum Village](#) spiritual community which he leads. Thich Nhat Hanh's teachings focus on the practice of mindfulness in everyday life, as well as on meditation in all its forms.

Our main activities are the conduct of [mindfulness practice sessions](#) , courses on Buddhist teachings, days of mindfulness, and retreats.

Our practice extends into our daily lives through daily [sitting meditation](#) , [walking meditation](#) , [mindfulness in all activities](#) , and the practice of the [Five Mindfulness Trainings](#) .

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. Mindfulness helps us develop concentration, which in turn helps us to gain insight. Insight gives us the understanding to transform our mind and liberate us from our suffering. We believe that when we transform ourselves we help to transform society to one that is more loving, peaceful, and compassionate.

Our senior facilitator is Ghan Chee, who has been practicing in this tradition for over 15 years. The other facilitators are David Frank, Cindy Carroll, Kinh-Tung Nguyen, and Yishin Koo. All have been trained as meditation facilitators. Ghan Chee, David Frank, and Cindy Carroll have been ordained into the Order of Interbeing(OI). Those in the OI have made a vow to follow the [Fourteen Mindfulness Trainings](#), practice mindfulness in daily life, observe 60 days of retreat a year, and have a commitment to help the Sangha (meditation community). You may contact any of the facilitators with questions about meditation and Buddhist practice (contact emails are below).

We began practicing together in 2003. We hope you will come and join us, so you can experience the peace and joy of practicing mindfulness together.

Ghan Chee-Email: [ganchee\[at\]gmail\[dot\]com](mailto:ganchee[at]gmail[dot]com)



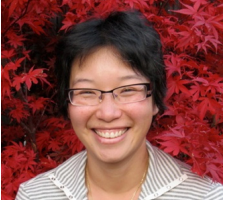
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