

GONPA GAZETTE



My fave walk, minutes from my guest house.

How to keep the Gazette 'fresh' and not re-write what I post on Facebook? Clarity came this month, as seemingly subtle experiences resulted in profound shifts in perception.

The Gazette will be more inner journey, while Facebook will be outer. Please let me know what you think. I can always change again.

The most profound experience was my brief hiatus in Sri Lanka. I considered it nothing more than the requisite 'get-out-of-Dodge' but it became a pilgrimage.

Old worries arose, and so did mantra and visualization, which immediately cleared the habitual thoughts and re-affirmed my

belief in the power of Buddhism.

Present to the current situation, I was acutely aware of the care and concern for my well-being, from perfect strangers. Trusting myself...trusting them...I effortlessly absorbed all the kindness they offered over the three days.

My shift in perception: Now my required visa exodus is when I 'get' to leave India for several days, twice a year, just for me!



The in-house restaurant where my meals were prepared to order.

Experiencing life a-new, 'mum' returned to her brood, enjoying them and their antics more than ever before...and SO proud of how well they maintained their hygiene in her absence.

OCTOBER 2016 IN PHOTOS

