

GONPA GAZETTE



"The more we care for the happiness of others, the greater is our own sense of well-being." HHDL

I have been hearing 'take care of yourself (first)' often lately and pondering it's meaning to me these days.

Yes, I work longer and harder than I did before retirement...yes, I often feel too old for all I am doing...yet, I can no longer ignore doing things that will benefit others...it's just not a choice.

Would I love a trip to the spa...beach holiday? Sure! Yet, these have become quick fixes that only temporarily decrease my reactivity to stress. Changing how I *think* about how I do my jobs is the permanent fix!

What am I learning? Monks respond best to subtlety, humour,

and praise; I respond best to accepting things as they are, letting go of expectations, and not taking anything too seriously...some of which come easily to me.

Since being at the monastery, every time I *thought* I was stretched to the max, could not add one more thing to my schedule, but was asked to...*and* was able to let go of my concepts, negative self-talk and self-pity, my mind opened to a spaciousness I have never known before. The capacity to willingly do what was being called for (and more) spontaneously arose.



"When you engage in a project or an activity that helps other sentient beings, there is no question of a time limit. You must do it continuously. This is how you should train your mind." HHDL

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