

# GONPA GAZETTE



*Three of my best teachers!*

I never thought I had a problem with anger before moving to the monastery. In my mind, family members and partners had anger problems, but not me! I always thought I was a very patient person...NOT!

In Tibetan Buddhism anger is one of the poisons of the mind, and patience is the antidote. Patience, when doing my best to parent 100 monks and frustration is rising...patience, when I think I have mustered all the patience possible and still need more...

Patience includes: noticing what is happening and not reacting; taking time to respond; making the monks' needs more important than my own...

Bottom line, the more I am present to whatever is happening, the easier it is to not get angry in the first place, notice when anger *begins* to arise and apply the antidote.

My experience of monastic life has always been to be confronted by my unresolved issues 24/7/365. Non-stop opportunities to look at, and work on, myself should I so choose. Why is the mirror so much more immediate and clearer here, than when I lived outside the monastery? I have no idea.



*How to adequately meet the needs of so many at the same time?*



# JULY IN PHOTOS

