

# GONPA GAZETTE

The three poisons of Tibetan Buddhism are attachment, aversion and ignorance. I am surprised by the subtleness of attachment. I have let go of so much over the past 6 1/2 years: my time being my own, my needs being the most important, eating what I want when I want it...

Yet I am still attached to the little things: reliable electricity/internet, *not* having to wash my clothes by hand in a bucket of cold water, 'yes' meaning 'yes' and 'no' meaning 'no'...



*Dwarfed by the enormity of the prayer wheel.*



*Relaxing with the sameness of chai.*

The antidote to attachment is impermanence: Nothing lasts forever; that which we are attached to *and* that which we have aversion to! When I am craving dependable internet I can remember that even if I get it, it won't last forever...which is pretty funny here, since both internet and electricity go out multiple times a day, for indeterminate lengths of time, and the server has been down as long as a week!

Seeing everything as being 'of one taste' (same-same) is a good practice, especially when the electricity goes off as I shave my head with my electric clippers!

# AUGUST IN PHOTOS

