

GONPA GAZETTE

Until he was a young adult, the Buddha was sheltered from seeing suffering, old age and death, by being kept inside his palace. When he finally snuck out, he was so horrified in seeing them for the first time, he left the palace and ventured out to find the cause and end of suffering.

I appreciate that in Tibetan Buddhism, death is just a part of life: nothing more than breathing out and not breathing in again. When we awaken in the morning, we awaken from the night dream; when we die, we awaken from the life dream. We practice meditations preparing for our death, because how we die significantly impacts our rebirth.

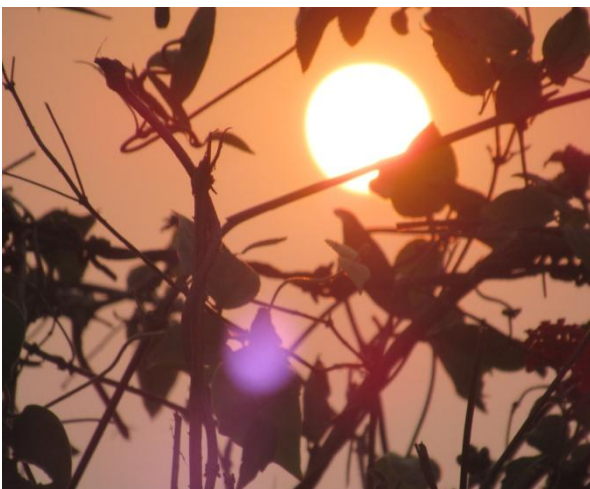


'Grand kids' at their cutest!

Nothing like living with 150 guys...only two older than me; and the rest could be my children, but mostly my grandchildren; to feel young and ancient at the same time!

There is no blueprint/rule book for sickness, old age and death. The body that we were given, and are so identified with and attached to, deteriorates on its own as if saying, "Here's to all the decades you tried to control me! Ha, ha, gotcha' last!"

An extended member of our community died of a sudden heart attack this month. Thank you Nissar for helping me see my arrogance in thinking I know anything about the details of my death.



Setting sun; emerging branches.

APRIL 2019 IN PHOTOS

