

# GONPA GAZETTE

What a curious month it has been! Nothing like being locked-in and locked down to have unlimited opportunities to watch my mind!

Tibetan Buddhists believe that our external reality is only a projection of our internal reality. Calm and spacious inside equals the same outside. What disturbs the equanimity are attachment (not getting what I want) and aversion (getting what I don't want)!

One of my joys, daily walks in the 'hood, has been taken away. Attachment to the walks; aversion to not having them.



*Sunrise over the stupas in front of the monastery:  
Only visible from outside!*



*Sunrise over temple gate: All visible from inside!*

Comparing my version of lock down to US friends' version, I *Immediately* wanted what they had (attachment to mobility; aversion to lack of it)...until I read about the country re-opening SOON...then my mind *immediately* liked what I have!

I don't eat much fruit, but we haven't had *any* this month. When I saw a staff person with a banana, my mind 'saw' not fruit, but the answers to all my suffering. It was an electrifying, magnetizing, hallucinatory nanno-second...and I didn't even want to eat it!

Lock down is showing me how much more I need to accept life on life's terms...or suffer!

# APRIL 2020 IN PHOTOS

