

GONPA GAZETTE



A magnolia of sorts...I think!

Tibetan Buddhism, (Vajrayana Buddhism) teaches how we use our mind is most important. Direct experience these past two months totally confirms this: as quickly as mind tightened around locked-in lock down, it loosened when I received the information I needed: we must follow Tibetan government rules, not Indian.

The spaciousness immediately returned, and with it the thought, "What would make me feel best right now?" What has always made me feel best when unbalanced: cleaning, organizing and downsizing. I relished those few, glorious days in my room.

Mind more balanced, the thought arose to ask permission to walk outside daily for my health...and I got it! The result has been as beneficial for my mental health as my physical.

Reflecting on the month, I clearly see how the only thing that changed was mind: first reacting negatively, projecting that outwards and that becoming my reality...then reacting positively, protecting that outwards and that becoming my reality.

That my external reality is only a projection of my internal is not a new concept. The gift of having the space to watch the dynamic (and decide to respond rather than react), is.



One of many egrets 'sheltering' at the lake.

MAY 2020 IN PHOTOS

