

GONPA GAZETTE

Compassion and generosity: are they about doing or being? Are they items on my to-do list, ways of being or states of mind?

From my experience they require a spacious mind and an open heart. When I am present and open, I can respond appropriately to all situations, which may mean 'doing' something or nothing.

Most important to me, is to treat *all* sentient beings the same: 'to live with sympathy for all living beings, without exception'. Not an easy task, always a learning curve, always room for improvement.



Helping those who are helping those who are helping...



Compassion for the suffering of all...not just the cute!

When I acknowledge my own suffering it is easier for me to acknowledge the suffering of others. However, if I focus on my suffering, it is easy to ignore the suffering of others. Having compassion for myself and being generous to myself, helps me to experience no difference between myself and others. The more I help alleviate the suffering of others the more joy I experience. When I keep my energy flowing out, joy and happiness come flowing in.

DECEMBER 2017 IN PHOTOS



