

GONPA GAZETTE

The Buddha taught there are 84,000 negative emotions, and 84,000 antidotes to them. Aversion, desire, jealousy, ignorance and pride are the five main obscurations. We all experience each of them, but some of us are plagued by one more than the others.

For me it is attachment/craving/desire. When a meditation teacher told me, “The nature of desire is to desire, *not* to be satisfied”, I was incredulous. But the more I thought about it the more I knew she was right. How much suffering had I been causing myself by wanting: wanting things to change...wanting things to be a certain way...wanting things to be different than they were...



Desiring some alone time.



The epitome of contentment!

Living in a monastery in a refugee settlement in semi-rural India I have found much to desire; which doesn't negate all that is absolutely perfect here.

Once I realized I was creating suffering for myself by craving that which would never happen, I said, “Why torture myself wanting what will never be?”

Suddenly life got easier! I truly have all I need, and wanting is just a distraction. Life can be challenging enough without me adding more distress. Curious, when people ask what they can send/bring me, I no longer know. I know what the monks and dogs need, but my needs have shrunk in direct proportion to accepting things as they are.

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