

# GONPA GAZETTE



*"So let me tell you my idea..."*

They say enlightenment is no more than a shift in perception. I am far from enlightened but I notice those ever-so-subtle-but-profound shifts that positively effect my experiences here.

It is not easy being the person asked to teach the monks exactly what they don't care about learning/don't want to do: American standards of hygiene and sanitation...especially when I am the only woman and only foreigner. This is challenging in cultures where cleanliness is next to godliness;; and our monks come from cultures where it is not even a priority!

What is spontaneously shifting is my joining in their humour and goofiness...playing their silly repetitive games of pretending I don't know who is hiding under the blankets...touching the little monks' faces when I speak to them, feeling the softness of their youthful skin and remembering their preciousness!

The result is same work for almost eight years, but a more spacious mind and a more joyful heart...all by slowing down, paying attention; and not taking myself, my jobs or them so seriously!



*"I always wear goggles when I clean!"*

# OCTOBER 2019 IN PHOTOS

