

# GONPA GAZETTE

How is 'parenting' 111 school-aged monks like improvisational theater? The first rule of improv is to agree with your partner. When the monks offer me gibberish, a salute, high-five...I 'yes and' them: accepting and replying in kind. This may be a passing gesture, a lengthy exchange or a daily ritual. Whichever, it creates a bond; letting them know I accept and in the moment, agree. In return, they are more respectful and accommodating.



*The post-monsoon stone-toss game.*



*Paani (water, for hair washing) helpers*

I recently finished reading a subtly profound, transformative book. Soon after, I noticed the monks being more receptive to my requests; more compliant and less oppositional. Had they all read the same book? No way! Had they coincidentally changed at the same time? Probably not. Oh right, I changed and they have been responding to the shift in my energy. Hmmm, it IS true that our outer reality is a manifestation of our inner. Thanks monks for the feedback!



# NOVEMBER 2018 IN PHOTOS

