

# GONPA GAZETTE

This has been a month of living the First Noble Truth of Buddhism: Life is suffering. Not that I didn't already know, but causes and conditions came together to bring the teaching closer to home...like in my face!

The Buddha taught about suffering: birth, sickness, old age and death. If you have a body you will suffer due to impermanence. Birth is painful. A young body will age, a healthy body will get sick. We will all eventually die.



*Forgetting how to carry when catching dogs for rabies boosters.*



*'Dr.' Ongyal dispensing medicine.*

Suffering is not inherently bad or negative, it is just a fact of life. The sooner we can accept the suffering of life the easier it is to let go of it and experience happiness.

Happiness is real and comes in many ways, but happiness does not last forever and does not stop suffering. Happiness is not about distractions or temporary pleasures. It is about accepting life on life's terms; which means accepting that everything is always changing. The bad times don't last for ever but the good times don't last forever either!

# AUGUST 2018 IN PHOTOS

