

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.



The birthday boy and his papa.

Has it only been a month since I last wrote? What a full month June has been!

Kashif's thirteenth birthday, 1 June. His government ID says January, but the family has always celebrated in June...and what difference does it really make? Like his older brother Subed, he was working at the canteen and saving for a mobile. He was thrilled when he got it!

A few days later was 'last Ramzan' which means namaz (prayers), new clothes for the family and special food; then a few days of relations 'go come'. Noorulla Khan told me 'everyone full happy', and he was right!

Hindus and Muslims have marriage 'season': this time of year when many marriages happen. In my limited experience, arranged marriages are still most popular among the Tibetans, Hindus and Muslims I know. Raziya Sulthana's niece got married: the night before the marriage was just for family, nikah (marriage) the next day for family and friends, then three more days of 'relations go come'. No alcohol, music or dancing, but a great time had by all! Best of all, 'full family holiday' meaning Noorulla Khan closed the canteen so they could all be away together, which is a rare occurrence.



New suit (shirt and pants); special Ramzan food.

How did Class 10 Sun Rise Public School students do on their annual exams? They promised to get 90%; and from what Anirudh Prasad says, they did pretty darn well.

Out of 48 total Class 10 students, 29 got first class division. Out of a possible mark of 500, the top five students, all boys, got marks of 361-500.

Anirudh says that next year, Class 10 students may be eligible for NEET (medical and dental

training) and IIT (science, engineering and technology training).

There are 7 new students in Class 11 and no suitable teacher. Anirudh has been unable to secure the funds he needs to pay two qualified teachers. One teacher's salary is about Rs.6000/mo (about \$85 USD) or Rs.72,000/year (about \$1000 USD). Two teachers would cost double. Thanks in advance to anyone who wants to donate.



"They are feeling happy with their studies."

Thanks to Lakshmi, Nathalie, Maureen, Phillipa, Susan, Martha, Joy & Martin, Noorulla Khan & family; and Rosaline & friends





