

Venerable Tenzin Chogyi (November 15, 2008)

Ven. Tenzin Chogyi is a lovely American Nun and her teachings on developing loving kindness were just wonderful tonight at the Tushita Center in Delhi. She spoke mostly about bodhichitta and the only reason to become a Buddha is to help all sentient beings. We worked on developing bodhichitta through meditation. Equalizing and exchanging the self and other was the method she focused on which consisted of putting yourself in the other person's shoes and she also talked about the disadvantages of self cherishing and the advantages of cherishing others.

What I really loved was when she talked about how the more misguided someone's approach to happiness the more compassionate we should be. She also spoke of the Dalai Lama's "Enlightened Self-Interest."

What I really gained from the talk was the advice she gave me about balancing compassion and wisdom and how we need to act with as much wisdom as we have in the moment. She recognizes times when her compassion has outstripped her wisdom and the need to practice. This is part of the reason why she went into a 6 1/2 year retreat. It was so nice to be with an American and I laughed so much when she talked about how some times us Americans mix Buddhism with the Protestant Work Ethic.