

## **Aspiration**

I have been very blessed in my life to have been given the opportunity to hear the Dharma thru an exceptional spiritual friend.

Prior to hearing the teachings I spent many years of my life in resentment and regret, never able to fully open myself to life mainly because of the fear I carried with me.

As I experienced the Dharma I began to relax a little and feel gratitude for all the wonderful aspects of life that I am part of.

I began to feel courageous enough to open myself not only to my pain but to the pain of all sentient beings. This wish (to help all beings) became the most important aspiration in my life and thru the teachings and with the continual love of my family and the sangha, I was able to slowly connect with the suffering that is inherent in most of the realms of samsara. In doing this I was able to connect with the compassionate heart that lies in all of us (Bodhichitta) and slowly began to feel the pain that all sentient beings experience and to then wish that they could be free of suffering and experience happiness in whatever realm they inhabited.

By working to lessen self cherishing thru practices such as sending and taking and shamatha meditation and with the support and love of my spiritual friend I have begun to feel and believe that the precious human birth that I have is not to be wasted, rather the continued practice of the Dharma is the best way to spend my life with the aspiration of working towards reaching enlightenment for the benefit of all sentient beings.

By Drolma Khandro