



Newsletter
September 1999

Gay Buddhist Fellowship

The Gay Buddhist Fellowship supports Buddhist practice in the Gay men's community. It is a forum that brings together the diverse Buddhist traditions to address the spiritual concerns of Gay men in the Bay Area, the United States, and the world. GBF's mission includes cultivating a social environment that is inclusive and caring.



Photo Larry Hermesen

Finding the Muscle

from a lecture by Katherine Thanas

Recently someone asked, "How do you get rid of the pain?" An experienced meditator said, "The pain never goes away." The great secret of Buddhist practice is we learn to open to the pain, the frustration, the suffering that never goes away. We might call this pain the gap between what's happening and what we are willing to accept . . . the gap between the moment that's here and a better moment we might imagine.

That's a different result from what we anticipate when we begin practice. Someone—a long-time sitter—told me recently that he was very disappointed with his practice. He recently "blew" it, got really angry, "lost" it. He was very disappointed in himself.

