

Mindfulness of Focus - Buddhist Teaching By Venerable Tenzin Namjong



As the school reopened after the summer vacation, we could not have asked for a better way of realigning our +energies, teaching by Venerable Tenzin Namjong - "Mindfulness of Focus." The physical space was packed with all school team members and many school parents, yet there was stillness in the space. Amidst the chants of "Om Mani Padme Hum," Venerable Namjong gently glanced at everyone and then there was silence. His words flowed in the air and we listened.

'There's a time and place for everything,' how do we build a daily meditation practice? Venerable Namjong smiled and added 'Everyone has five minutes.' He emphasized that one can start small but in a way that one can commit to it everyday. He talked about how the busyness of modern life is pulling our attention constantly in various directions, leading to a distracted, unfocused state. Developing focus is an essential skill for our mental peace and tranquility as well as remaining productive in whatever tasks we are engaged in.

Venerable Namjong talked about the significance of doing one task at a time so that we are fully engaged in it and create more attention space around our work in the moment with mindfulness, which lets us think deeper, make more connections, work more creatively, and find more meaning in the work. He also shared ways through which we can structure our schedule to limit distractions and improve focus in our daily lives.

Venerable Namjong guided us on the meditation techniques i.e., the importance of body posture, and attention to a single point to help improve focus and concentration. He shared that the quality of meditation is more important and one should end their meditation while it's still going well.

An observant and attentive audience questioned venerable on their emerging thoughts, to which he happily responded to. What is the right age for meditation? Is there a connection between mind, body, and breathing? What made you take the decision to be a monk? Did studies help you on your spiritual path?

Venerable Namjong closed his session by answering to 'What is life all about?' - It is all about two things, touching and improving the lives of others. Improving yourself towards your highest potential so that you can have maximum impact on others.