



# LOBSANG CHUNZOM

Buddist Nun and Founder of  
Limitless Health Institute



*Once everyone in the world has a good, healthy life with enough resources and an abundance of life tools that can help in any situation, they will have happiness that lasts. This is the path forward.*

Venerable Lobsang Chunzom is a Buddhist nun and worldwide teacher of meditation and philosophy in the Je Tsongkapa Tibetan tradition. She is a licensed Creative Arts Therapist specializing in dance/movement therapy and founder of Limitless Health Institute. She completed a three-year solitary meditation retreat. Drawing from a wealth of knowledge and personal experience of meditation and movement, Venerable Chunzom is compiling written works to be published soon.

[limitleshealthinsitute.org](http://limitleshealthinsitute.org)

## **Please tell us about yourself and how your life path led you to be a Buddhist nun and a worldwide teacher of meditation and philosopher?**

Young, curious, and with an open heart, I set upon a journey to deepen my knowledge of the connection between body and mind in general and its interdependence on other people and the environment. This seamlessly led me to the ideas found in the classics of Buddhism. Then I realized: it isn't enough to read philosophy books; we all need a teacher to help us understand the books. That is the beginning of any pathfinding a teacher. The teachers I met gave clear presentations of commentaries written on the teachings of Lord Buddha Shakyamuni; for example, texts by masters such as Je Tsongkapa. The more I studied and practiced bringing the written word and meditations into action; the decision flowed easily: I felt that to live a lifestyle as a monastic was the best way to help others.

There are not many places for Buddhist nuns or monks in the USA to live in a community together. I was ordained in 1999 in New Jersey, at the 1st Kalmuk Buddhist temple, Rashi Gem-pil Ling. I went to India to celebrate this new millennium with a pilgrimage to walk on the roads where the lineage began and embodies the traditions.

While studying, it is important to contemplate the ideas learned in meditation, so I did many retreats and also spent hours discussing content on the debate ground. The depth of this philosophy is best comprehended if it is embraced every day and becomes the journey.

At Limitless Health Institute, all our health and happiness programs are based on these ideas. Once everyone in the world has a good, healthy life with enough resources and an abundance of life tools that can help in any situation, they will have happiness that lasts. This is the path forward.

## **How can we practice being mindful of a spiritual path in our daily life?**

It is a misunderstanding to think that a spiritual path is separate from our daily lives. What would be the purpose of having spirituality/religion in one's life if it didn't affect and influence the activities we do, any thoughts we have, and the emotional wellbeing we experience all day long?



A clear mind that is conducive to concentration and increases our ability to focus with clarity and precision is achieved through practice and training. Once a person reaches that watchfulness over the way we interact with others, then we can identify if our worries, regrets, and negative thoughts are influencing our daily life. If a spiritual path does not lessen the number of negative emotions every day and give reliable solutions to having a good life, then what's the point?

**Can you share a story with us that changed your life as a spiritual teacher?**

The only way to be a teacher of anything is to be humble and do the hard work to become a living example of whatever you teach or offer as help to others. For me, the idea of embodying thoughts and methodology in Buddhism was going into a 3-year retreat of silence, which changed my life as an individual and as a teacher. Contemplation in solitude allowed an internal perspective to develop that wouldn't have happened in the same way. It takes time to gain mental fluency, strength, and clarity – so that any tiny personal realization can then be used in one's work in the community, with family, and especially in business. There is no way I could have started LHI without these internal and external methods coming together for me. The retreat gave me the opportunity to merge these two worlds. The story that changed my life as a Buddhism teacher is embracing that connection every day in every action.

**In your opinion, what is the key to lead a conscious life?**

With knowledge-based in ancient books from thousands of years ago, opinions have been time-tested and proven with logic over and over by the masters that guide us, and then by oneself as you practice. A centuries-old tradition that is still effective and useful today is to develop a compassionate heart and to perform acts of kindness based on philosophy. How I think, act, and communicate with others determines how successful I will be in my own life.

In meditation and logic, we often struggle to understand the difference between the mind, consciousness, and thoughts. Thoughts are mental and are part of what consciousness is composed of. From the point of view of the Abhidharma school of thinking, when I look at a cup, the first instance of awareness is eye-consciousness seeing colors and shapes, not yet identifying the object like a cup. In the next instant or so, my thought watches my mental awareness, and my mental awareness becomes aware of a mental image of colors and shapes. Then, in the next moment, I am aware I see something that I call 'cup.' It is then that I know I am looking at a 'cup.' awareness that you are thinking, and then awareness of the thinker thinking about the object of focus. How does the knowledge of this mental process help out in everyday life?



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Every time I walk into a room, if I could hold this truth, then the colors and shapes my eye-consciousness picks up can be interpreted in different ways; for example, as I step into the room, I see a blue stick, and at the moment after, I call it a 'pen' and pick it up with my hands. As a dog walks into the room, sees the blue stick, she calls it a 'chew toy' and picks it up with her mouth. The question is, who is right? We would call this the emptiness of the object. This applies to people as well. You walk into a room with a friend, and you start to read the people in the room from your point of reference, examining everything from physicality to personality. The question is, who is going to be right? Both neither, or one? The key here is to reflect that the way I label people and things is completely dependent upon me. I will see and experience those people and things around me how I think about, act towards, and talk to others.

We can clearly see how developing the mind's capacity not only means acquiring knowledge but also the process of learning to analyze and realize how things truly work so we can effect change in our lives and the world: this is the integral piece here.

**The coronavirus crisis has thrown a curveball into the social lives and schooling of kids of all ages; the stress of the unknown affects school children of all ages; how can our children overcome this fear?**

Several of Limitless Health Institute's programs address this issue: Song Connects Us is a program where students use the power of working together to improve social-emotional skills as they write songs expressing their young lives' feelings. As students adjust to the world of remote learning this school year and in years to come, Song Connects Us

helps them to express and communicate within the virtual environment. Students share all their hopes, anxieties, and experiences of school and life in the midst of a health crisis. This supports students' academic progress by held during comfortable connecting online, so they are able to restore the personal connection that can be lost in remote classrooms.

As well, LHI Inner Essentials is a series of powerful classic meditations that strengthens wellness and is an innovative way to help all people take care of the inner essentials of life during this pandemic.

**What is your advice to our readers to be more grounded and to find happiness?**

There is nothing better to ground us than love! An easy to do bodhichitta meditation is to walk or just stand still focused on balanced alignment, feet connected to the ground, arms relaxed with open palms, eyes gazing to the horizon. Imagine standing on the edge of the ocean shore and looking out to the horizon; let your eyes go as far as you can, and imagine you can see someone across the ocean on the other side of the planet. There is someone like me across the sea; it's not too hard to imagine. While you stand there, there is sunlight in your heart, and it radiates out, glistening on the ocean waves, and goes across to someone across the sea. Just say, Hi! - light up their day with a burst of sunshine.

The presence of your love is touching the ground, and that foundation supports the heart opening with loving thoughts. What keeps you grounded in your compassion and love for others! Set your motivation in this way: "I want to love everyone equally."





**You are a licensed Creative Arts Therapist specializing in dance/movement therapy and founder of Limitless Health Institute; please tell us more about your work.**

At Limitless Health Institute, we follow operational principles, develop business relationships, and design programs that embody this great knowledge. In this manner, this timeless philosophy becomes accessible to our staff, clients, and community in practical ways.

The spectrum of ways our participants have to gain greater health, especially through creative structures, opens the pathway to a deeper union of mind and body that brings about a person's wholeness. This integrative therapeutic framework offers a fresh approach to established methods by connecting streams of knowledge to enrich the mind's movement of life.

This keeps the teachings alive in the minds of people who seek happiness and wellbeing for themselves and others. If we don't take personal responsibility to share whatever we know and understand, in whatever way we can, then the teachings will disappear from the world. At Limitless Health Institute, we share and understand the teachings with others through our programs so that the books and teachings will continue to live on in the world.

**Please tell us how being in a retreat can help to find peace within ourselves?**

Any time you quiet down your life, maybe by keeping silent except for prayer recitation or staying away from computer work and online communications, our thoughts become louder and more unruly! You can imagine the war zone in your thoughts: things pop up from 10 years ago that might have been a negative feeling. So a retreat does not guarantee peace of mind.

What creates peace within would be another whole article discussing the ancient concepts of two foundational meditation tools: sheshin—the alarm that goes off in the mind as we go off our meditation object — and drenpa, or pulling the mind back to the object. These are absolutely essential to every successful meditator.

But I can say that it's crucial to train the mind to focus and concentrate on meaningful ideas that can help others find peace. We can do this on a daily basis, whether we're trying to keep a nice peaceful house with those close to us or being pleasant with people you see on the street. Only if you do, these things will retreat give you peace within. If you bring peace to others on the busiest city street or have an argument with your partner, you will find peace within.

Sure, a retreat can help us to train the mind, to deeply examine our lives, to observe our thoughts and emotions closely, and to find practical solutions. With that being said, we must think of others' benefits every moment in retreat. The whole point of the retreat is to make a change in ourselves and in the world. That gives us the deepest sense of peace: to know that we are doing something great for the ones we love.



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