

Jim (Rajju Pandu) Goodrich

Zen Buddhist Monk, ordained September of 2018. I grew up in Southeastern Ohio, was raised Methodist but never really connected to that path.

I teach techniques. Don't believe what I say, try it for yourself. There are many paths up the Mountain, but when we get to the top, we see the same moon. Be kind, especially to yourself. As someone who has suffered depression and other aspects of mental illness, I understand, at a gut level some of that pain. My depressions at their darkest points felt like a smothering, totally black fog of hopelessness. And while I turned away from suicide before I became Buddhist, I never found happiness until I begin down that path.

Truth, in my experience, is an individual and personal thing. I've been a seeker of Truth for most of my life, even if I didn't realize it. The aspects of my early spiritual life did not give me the tools to ask the right questions. At the time I didn't even understand this so I felt very lost.

My exploration of Buddhism began giving me insights into this, and Rev. WarEagle's teaching simply accelerated this process. I discovered that, when previously I had thought I was in a room with no escape, there is in fact a door in the wall.