

The Student Files

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Major: Painting

City: Minneapolis

I'm about to start my fourth year of school this fall. But sometimes it's difficult to remember why I'm going to school. When I lose my sense of purpose, all motivation is lost as well. My Buddhist practice helps me to reflect on my life and gain perspective about why I'm doing what I'm doing.

I'm learning why it's important to push myself and advance. There are many times that I've wanted to quit school because it's so difficult, but then I remember that if I give in to my weaknesses I can never become strong and truly happy.

A lot of my classmates are open-minded about religion and unfamiliar philosophies, so I try to tell them that I'm Buddhist whenever I can. The main way that I try to expose people to Buddhism is by incorporating it into my schoolwork. That way, when we explain our projects to each other it's very natural to mention how my spiritual practice influences my artwork.

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