Bio: Venerable Tenzin Dasel

About the Speaker:

Venerable Tenzin Dasel (Lisa V. Blake) is a graduate in B.A from the prestigious Bates College, USA. She has received her Degree of Master in Arts from the respected Bangor Theological Seminary, the third oldest seminary in the USA, where she graduate summa cum laude.   An experienced practitioner and teacher of meditation, Venerable Dasel is also the founder of Maine Mindfulness Project in the USA. She has instructed thousands of people and helped many improve or recover to full health through counseling and meditation. In 2009, she was awarded the National Association of Professional Women's Wellness Award. In 2010, she was named a Leading Women of Maine, USA award, and has been a sought after speaker and instructor at many national and international conferences. In 2011, she was invited as a speaker at the first independent TEDx event in Maine. In 2014, she was selected from thousands of applicants to be a speaker and session leader at the Parliament of the World's Religions in Salt Lake City, Utah, USA.

Venerable Dasel received her Getsulma ordination with His Holiness the XIV Dalai Lama and is currently based at Thosamling Nunnery and Institute for International Buddhist Women in Dharamsala, India where she is one of the principal instructors of Shamatha Meditation Retreats held twice a month. She is an annual Meditation Trainer and a Guest Instructor at the District Institute of Education and Training, Leh-Ladakh, and in 2016 was also the Dharma Instructor at Ngari Institute of Buddhist Dialectics, Saboo, Leh- Ladakh.

In October 2016, she was asked to be the touring teacher of the ARUNACHAL MINDFULNESS PROJECT "The Understanding of Buddhist Philosophy and Cultivation of a Healthy Mind," teaching in five cities across the northeastern Indian state of Arunachal Pradesh. Arunachal Mindfulness Project is an effort to reintroduce the precepts of Buddhism that change is possible to the youths in a way which they can relate to and can apply practically in their daily lives.

The organizers of the Arunachal Pradesh tour, all in the age range of 24-29, said this about Venerable Dasel:

"Ani La, as evident from her bio data above is well qualified to lead such sessions but we believe that beside her qualification she can also serve as a model and an inspiration to the youths especially the women. The fact that she was raised in a different tradition and adopted Buddhism will have a great impact on the people there and encourage us to take pride in our tradition. Our team understands and comprehends with the compatibility of Anila's with the youth on a very personal level as she has been conducting many meditation sessions in collaboration to our team. She has helped many of our team members heal mentally who were dealing with depression and unhealthy minds. We would like to take an initiative to introduce Ani la to the youth of Arunachal and help them deal with the crisis that the youth faces. Our approach to this event is only an attempt to get the youth of our society into an interaction that is healthy and inspiring. Ani la's philosophical understanding of life does not just calm perplexed minds but also creates an open dialogue towards battling depression and encourages introspection." The successful tour, local and social media coverage reached an estimated 50,000 persons, and Venerable Dasel plans to follow up in 2018 in Arunachal Pradesh.

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In November 2016, she returned to the USA for a month to teach in several schools and her home Dharma center, Tashi Gatsel Ling, in Maine. Recently, she has returned to Thosamling Nunnery, after a three week solitary retreat in a high Himalayan meditation cave.

Venerable Tenzin Dasel is very inspired, humbled and happy to be invited by the International Network of Engaged Buddhists (INEB) to attend the **2017 Conference on Interbeing: Transforming Conflict by Compassion with Exposure and Retrea**t in Taiwan. She will guide a one day retreat and meditation sessions in the Tibetan Buddhist tradition.