

Ven. Amy Miller

Venerable Amy Miller is a beloved spiritual teacher and practitioner. She has dedicated her life to sharing the profound teachings of Buddhism with the world. With her gentle presence, insightful wisdom and compassionate heart, she has touched the lives of many, inspiring them to find inner peace and help transform their minds.

Since childhood she has been touched deeply by the suffering of the people she met, not understanding why they were suffering or did not have things that she did have. She began her career as a political fundraiser in Washington. During this time, she started volunteering at a soup truck which brought food to parks in the city. She was shocked to see that the number of homeless people in need of food was growing constantly. She also worked for Mother Jones Magazine in San Francisco, California. During the peak of the Aids pandemic, she took up the job to be a hospice counselor to help wherever she could.

The suffering and the feeling of it all being futile and not really being able to help, brought her to take a break and travel to Asia for a half a year. While staying in a hostel in Nepal, coincidentally she came across a brochure about the November Course held at Kopan Monastery close to Kathmandu. This is a month-long Buddhist training & retreat, with Lama Zopa. This was in the spring of 1987, it was the first time she encountered Tibetan Buddhism. Here she finally met people that told her, that yes there is suffering, but there is a way out and we can show you this way. This changed her life forever.

She was ordained in 2000 by the great Tibetan master, Choden Rinpoche to be Ven. Lobsang Chodren. She has spent a great deal of time engaged in meditation retreats, studying, teaching, and managed several (FPMT) Buddhist study & retreat centers throughout the world. She offers courses and retreats for example on death and dying and end-of-life care, but also on anxiety and depression, which is a big issue in US at this moment. She also does a lot of counseling for both dharma practitioners and whomever needs advice on life's challenges.

In 2004 she completed a seven-month solitary retreat at Vajrapani in the US. The years after this she organized international teaching tours for the Tibetan Buddhist master, Ven. Kirti Tsenshab Rinpoche until Rinpoche's death in 2006. This gave her amazing opportunity to be close to such an esteemed master to see him teach and act in everyday life. She also has been very fortunate to be around many great teachers in her many years of managing Buddhist centers. As she jokingly says, someone before this life must have done a lot of good work. Ven. Amy became a touring teacher for the FPMT (the Foundation for the Preservation of the Mahayana Tradition) teaching around the world. Through her extensive travels, Venerable Amy Miller has touched the lives of people from diverse cultural backgrounds and spiritual traditions. Her message of interconnection and universal compassion transcends boundaries, fostering a sense of unity and shared humanity.

Ven. Amy has also had the good fortune to visit Tibet in 1987 and again in 2001 as a pilgrimage leader for the Institute of Noetic Science in the United States. She has also led pilgrimages to India (including Darjeeling and Sikkim), Nepal, and Bhutan for the Liberation Prison Project and Milarepa Center. She has been informally leading people to Lawudo in

Nepal's Solu Khumbu District, the birthplace of Lama Zopa Rinpoche, since 1990. In May of this year, she led another trek to the Lawudo Retreat Center.

She has been teaching extensively since 1992. Her teaching style emphasizes a practical approach to integrating Buddhist philosophy into everyday life. She is happy to help people connect with meditation and mindfulness to gain a refreshing perspective on the often so stressful lives people have. She inspires her students to cultivate qualities such as kindness, patience, and understanding, enabling them to navigate life's challenges with resilience and clarity. Her teachings also extend to mindful activism, encouraging individuals to be agents of positive change in the world. Her students and admirers often describe her as a compassionate and inspiring presence, guiding them towards greater happiness, peace, and spiritual growth.

As Ven. Amy has the ability to distill complex teachings into accessible wisdom, she has been asked to be the co-author of 'Buddhism in a Nutshell'. This is the introductory course of the FPMT. And she is also a contributor to 'Living in the Path', a series of online courses also produced by the FPMT. More information and links to some of her teachings can be found here: www.AmyMiller.com.

