



Daya Jennifer Adams (Canada)
Buddhist name: Amita Dayavati (Having Compassion)
Dayavati ordained in 2019.

Throughout my life I have been a spiritual seeker. 13 years ago I met Prajna. Shortly after that meeting I also spent a week in the desert at a silent retreat centre. While sitting by the Saguaro cactus I read a book on Buddhism. This was the catalyst for my beginning steps into Pureland Buddhism and the Amida Mosaic Sangha. My journey has been slow yet dedicated and remains full of study, contemplation, faith and practice of the nembutsu. On Bodhi Day 2019 I was Ordained Amita Dayavati and now have the honour of assisting Prajna with the sangha.

For many years I was the Clinical Manager and Supervisor of a Children's Mental Health Centre. As well I was engaged in private psychotherapy practice. Although retired from "formal" work, I continue my long time passion of teaching Yoga and Meditation. As well I offer contemplative reading groups that incorporate meditation and discussion of selected books most often of buddhist influence.

Volunteerism and giving in some way to the community has been a life long passion. Thus the socially engaged aspect of Buddhism resonates well in my heart particularly in areas related to homelessness, social inclusion and hospice care. In efforts to ensure that all within my city can experience equity and inclusivity, I am honoured to sit on my community's committees dedicated to Affordable Housing and Respect and Social Inclusion. Support to the local Hospice finds me providing service in the kitchen 1 day a week. When needed I companion those dying, and provide in home friendship and support to those in palliative care.

Social Inclusion takes many forms, however for me it is providing yoga classes for those living in the margins of the community due to issues of mental health or isolation. The nembutsu resonates always and takes a visual form when knitting my nembutsu (lap) blankets. New wool or scraps of wool, monochrome or wildly coloured, each stitch is infused with the infinite love of Namo Amida Bu. They are offered upon completion to whomever needs or wants them.

As I enter the last developmental stage of life, curiosity still remains a wonderful daily motivator reminding me of how much I still have to learn and experience. Reading, walking, gardening, cycling, travelling and engaging in the dialogue of life with my granddaughters with intention brings light to my day.

Spiritual growth and engagement is key to my daily life. Recognizing and understanding the dharma always nourishes my spiritual growth.

