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Jangchub Choeling Nunnery

MONTHLY REPORT

APRIL – JUNE 2023



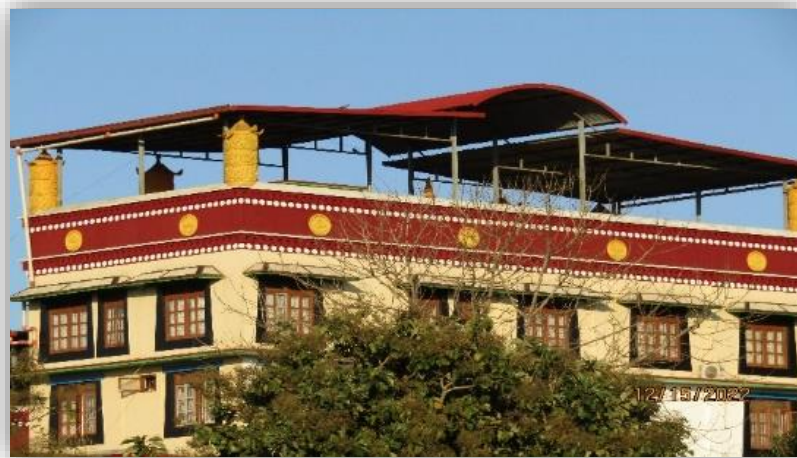
**We can never obtain PEACE in the outer world until we
make PEACE with ourselves.**

— BUDDHA

INTRODUCTION: -

May these beautiful months of April, May, and June report find you with a cheerful heart, good health, and high spirits. We are overjoyed to share our report with our highly appreciated sponsors, supporters, and well-wishers, who are our great readers as well.

Let's begin to read Jangchub Choeling Nunnery's report!



“When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it also helps us to develop inner happiness and peace.”

-His Holiness the Dalai Lama

CONTENT: -

INTRODUCTION: -	2
1. STAFF REPLACEMENT	4
▪ ABBOT ENTHRONEMENT	
▪ ADMINISTRATORS	
▪ DRIVERS	
2. SCIENCE DAY CELEBRATION:	5
3. INTER-CLASS DEBATE COMPETITION:	6
4. OVERNIGHT RECITATION OF TARA PRAISES:	7
5. THE EMORY-TIBET SCIENCE INITIATIVE:	8
6. SAGA DAWA (A MONTH OF MERITS)	9
✓ FASTING RETREAT	10
✓ OVERNIGHT TARA PRAISES	11
✓ READING THE SPIRITUAL TEXT	12
✓ MAMO PACIFICATION RITUAL	13
✓ PALDEN LHAMO	
7. VISITORS:	14
8. GESHEMA EXAMINEE:	15
9. GRATITUDE NOTE:-	16
10. CONCLUSION	17

1) STAFF REPLACEMENT

❖ Abbot Enthronement Ceremony:-

On 4th April 2023, we had an enthronement ceremony to welcome our new abbot.



Abbot: ¹- The new abbot of the nunnery is Geshe Lobsang Dawa la, from Gaden Jangtse Monastery. He is the head of the nunnery and has full authority over how to run the nunnery. The tenure of the Abbot is for three years and he is there to guide and look after all the nunnery's external and internal affairs.

❖ Administrators:-²

In the month of April three new administrators took charge of the administration affairs, who are responsible for various duties, including one serving as a cashier, one as an accountant, and one who attends to outside-related work. Ven. Phuntsok Dolkar leads the team of administrators, along with her two fellow nuns, Ven. Tenzin Dolkar and Ven. Ngawang Choezom, all of them completed their Geshema studies and now serving our nunnery to develop in various ways for ongoing two years.



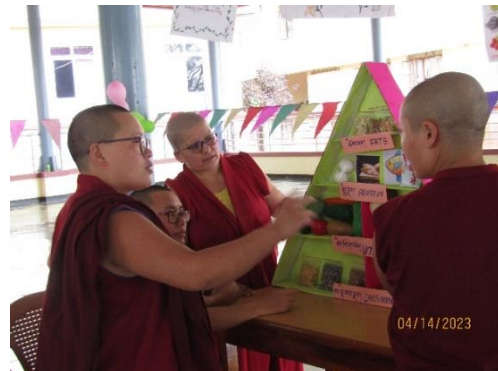
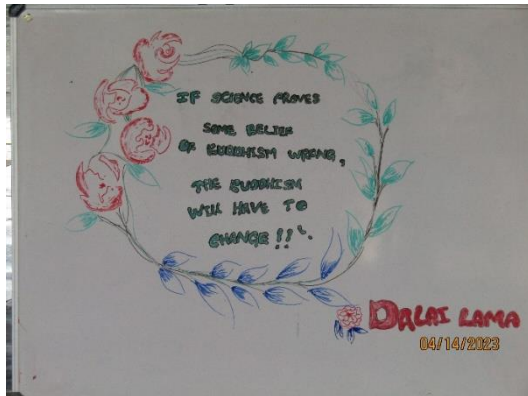
❖ **Driver:** The month of April is also set up for the replacement of vehicle drivers. Our vehicles are used to receive our teachers from nearby monasteries for the Buddhist philosophy classes and other useful stuff. Nun Tenzin Kunzes & Lobsang Yangdol took full responsibility for 4 years as vehicle operators.

¹ Head Of Our Nunnery

² Year Of 2023- 2025 (Administrators)

2) SCIENCE DAY CELEBRATION: -

Nuns of Jangchub Choeling Nunnery are well pleased to organize the **Science Day**,³ which was held on 14th, April 2023 under the presence of our Abbot, Science teachers, Science leaders from nearby monasteries, and staff members. We feel blessed to have the great opportunity to study different subjects, which works like a bridge to promote the integration of Buddhist philosophy and modern education.



³ Modern Education

3) INTER-CLASS DEBATE COMPETITION:

The profound purpose of Buddhist debate⁴ and reasoning is to clear away a wrong conception of our natures and thereby to become free of suffering and even death.



Daily practice in the monastic debate is important in traditional Tibetan Buddhist learning. Through debate, nuns and monks test and consolidate their classroom learning and gain a thorough understanding of Buddhist teachings. Each hand and body motion is rooted in

wisdom and compassion, which must be united to attain enlightenment.

So to promote nuns' education and increase the intelligence of our nuns, we conduct inter-class debate competitions every year. In this, one class has to prepare two debate topics; one from the current class syllabus and another from their respective previous year's class.



Hence, in the presence of our new Abbot and Respected Teachers, we gathered in our new debate hall for the Inter- class debate competition which last for four days. In this debate competition, all classes took part in their best performance. Prizes were distributed to the rank holder classes & encouragement speeches were given too.



⁴ Clearing Mind And Reasoning

4) OVERNIGHT RECITATION OF TARA PRAISES:

On auspicious Wednesday, we conducted an overnight recitation⁵ of Tara's praises for the good health and longevity of His Holiness. This began with doing Tara Rituals (Dolchok) in the morning followed by a whole night Tara Puja which started at 6:30 pm and continued to the next morning. All nuns, along with the abbot, and lay people gathered in the main temple. We are pleased to share photos taken during the overnight TARA puja which was performed on April 19th, 2023.



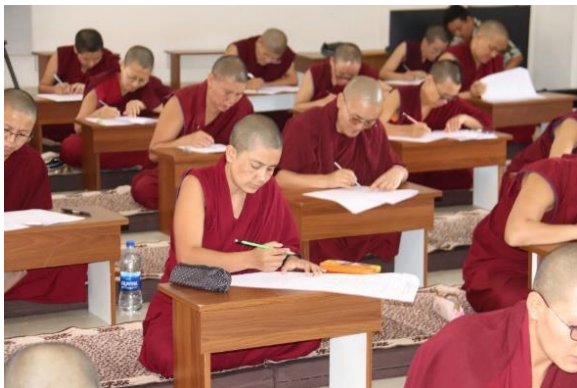
⁵ TARA PUJA

5) THE EMORY-TIBET SCIENCE INITIATIVE:

Jangchub choeling nuns are fortunate to take part in the Science workshops at Drepung Loseling Science & Meditation Center along with nuns from other nunneries, monks & students.

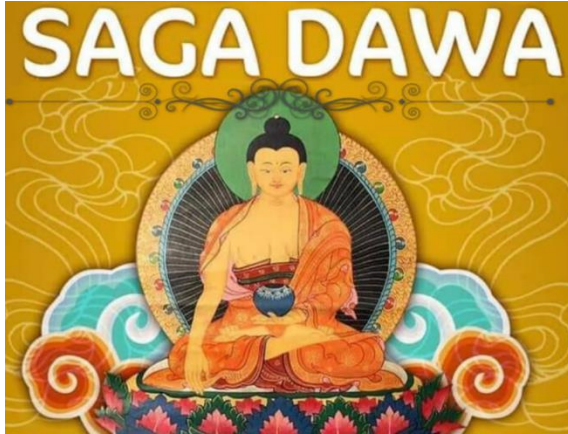
More than fifteen nuns from our nunnery got the opportunity to attend ETSI's **two summer intensives**⁶, one is the year 5 nuns' implementation summer intensive, and another is the year 2 summer pedagogy program.

ETSI began its summer intensive programs consisting of Year 5 Nuns' Implementation Phase Summer Intensive (May 16) and Year 2 Sustainability Phase Summer Pedagogy Training (May 17) at Drepung Loseling Science Center. These training are offered to help build a strong science education foundation at monastic learning centers collaborating with ETSI.



⁶ Intensive course

6) Saga Dawa ⁷ or Vesak Month for Buddhists:-



Tibetan lunar month begins and ends with a new moon. The full moon day that falls in the middle of the month is Saga Dawa Duchen; *duchen* means "great occasion." This is the single most holy day of Tibetan Buddhism. Like the Theravadin observance of Vesak, Saga Dawa Duchen commemorates the birth, enlightenment, and death (parinirvana) of the Lord Buddha.

Saga Dawa is called the "month of merits" for Tibetan Buddhists. *Dawa* means "month" in Tibetan, and "Saga" or "Saka" is the name of a star prominent in the sky during the fourth lunar month of the Tibetan calendar when Saga Dawa is observed. This year it started from 20th May to 18th June.

➤ Our different ways to accumulate Merits:

The month of Saga Dawa is the most auspicious time for meritorious actions. And on Saga Dawa Duchen, the merits of worthy acts are multiplied 100,000 times. So, on this auspicious month of Saga Dawa nuns of Jangchub Choeling Nunnery performed several meritorious rituals as follows:-

- ❖ Fasting retreat which is also called “**Nyungne**”, in the Tibetan language.
- ❖ Overnight Tara praises
- ❖ Lighting butter lamp
- ❖ Reading spiritual texts
- ❖ Mamo Pacification Ritual
- ❖ Rituals to praise glorious goddess (Palden Lhamo)

⁷ Vesak Month

Events

Many varieties of rituals and ceremonies were performed during Saga Dawa.

❖ FASTING RETREAT:-



Bhikshuni Lakshmi (Tib. དགེ་སློང་མ་དཔལ་མོ་ Gelongma Palmo)

The Nyungne⁸ Retreat is a practice of austerity and fasting based upon the supplication to Lord Chenrezig in the thousand-armed form. It is a powerful means for karma purification and merit accumulation, to pacify obstacles on the path to enlightenment, and to heighten one's spiritual advancement.

It is based upon the sadhana of Gelongma Palmo's tradition. Nyungne can be translated as "**abiding in the fast**," a two-and-a-half-day practice centered around mantra recitation, prostration, and meditation on the eleven-faced, Thousand-armed Chenrezig. And on the first day started from early dawn, bestowing the eight vows of Mahayana Sojong by our Abbot in our main shrine.

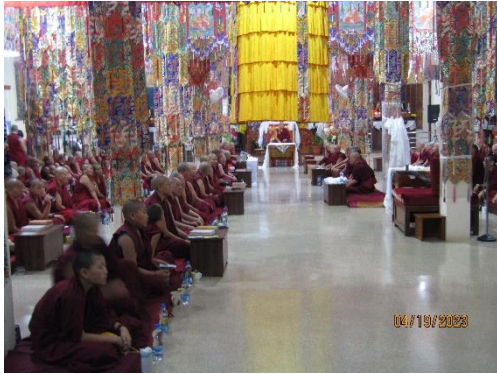
After the sojong, all participants are urged to apply their body, speech, and mind focus on prostration, mantra recitation, and meditation.



⁸ Fasting Retreat

❖ Overnight Tara praises:-

On the 5th of the VESAK month nuns of Jangchub Choeling Nunnery gathered to perform an overnight Tara recitation to promote peace in every parts of the world, which brings harmony & happiness in the life of all sentient beings.



❖ Lighting butter lamps:-

The lighting of butter lamps ⁹is a common devotional practice. Traditionally, butter lamps burned clarified yak butter, but these days they might be filled with vegetable oil. The lights are said to banish spiritual darkness as well as visual darkness. Butter lamps are a donation of lamp oil is another way to make merit.



⁹ Way of making merits

❖ Acquit innocent animals

Another way to make merits is being vegetarian on this duration. One can take this further by buying animals intended to be slaughtered and setting them free. Our nuns did their part by contributing to the program of acquitting animals organized by settlement organizers.

❖ Reading spiritual texts¹⁰

Jangchub Choeling Nuns serve the community by fulfilling their wishes of performing various pujas requested by any individual, any organizations. A whole day reading of **Perfection of Wisdom Sutras** as organized yearly by the Tibetan Women's Association, Mundgod was held on the 28th of May 2023.



¹⁰ Reading perfection of wisdom sutras

❖ Mamo Pacification Ritual:

Jangchub Choeling Nunnery organized a special མཚོའི་ལྷུག་གསོལ་རྒྱུ་གྲྀ་ (Mamo Pacification Ritual) on 8th June 2023 by the Geshes came from the nearby monastery, in the presence of our nunnery's Abbot. The ritual ceremony is dedicated to the well-being and removal of negative obstacles of all sentient beings. And specifically for the nuns in the nunnery for good health, success, and prosperity.



❖ Rituals to praise the glorious goddess (Palden Lhamo) :

PALDEN LHAMO¹¹ is the protector deity of our nunnery who is respected as a female protectress Dharmapala, one of the wisdom protectors in Tibetan Buddhism. Palden Lhamo means “**Glorious Goddess**” and she appears in the retinue of the obstacle-removing Mahakali.



Although we perform rituals to praise the glorious goddess (Palden Lhamo) every evening, sometimes we also do special recitations of protector mantras which gives us the power to repel any obstacles that come into our life.



¹¹ Female protector

7) VISITORS:-

▪ Western Guests

As many teachers, and students have been present for the workshops at Drepung Science Centre. They love to pay a visit to our nunnery. Some also give talks to science students and have a look around at our surroundings and science classrooms.



▪ Officials

Many officials from the Central Administration of Dharamsala also make their valuable schedule to visit here and supervise our nunnery.

Recently, the Secretary of the home department, Mr.Palden Dhondup la, and Mrs. Chemi Tseyang la, secretary of the Religious & culture department in the presence of chief representatives of South zone KUNGOE Jigme Tsultrim la made their visit and gave necessary suggestions to the Administrators.



8) Geshema Examinee:-

Every year, our graduated nuns make an appearance in GESHEMA Examination. ¹²This year, 29 nuns from Jangchub choeling nunnery are going for the Geshema test which will be held at Jamyang Choeling Nunnery, Dharamsala. This year it will start from July 21 to August 20.



We bid farewell to them on 22nd June, with prayers & best wishes for a safe journey and good luck for the examination in advance

¹² Equivalent to a PhD in Tibetan Buddhism.

9) GRATITUDE NOTE:

Every year Jangchub Choeling Nunnery arranges an essay writing and oral memorization test which is especially dedicated to His Holiness the 14th Dalai Lama on the occasion of his birthday. This is a way to express our gratitude and remembrance for all the kindness, love, and services that have been contributed by the great soul to all sentient beings.

Likewise, this year for the upcoming **88th¹³ Birthday** of HIS HOLINESS THE 14TH DALAI LAMA, nuns participated in the oral memorization test in the morning, and after that, some nuns sat for an essay writing competition. On the upcoming month of July 6th, prizes will be distributed to them.

It signifies our tribute note towards His Holiness the 14th Dalai Lama for his great passion for world peace and harmony.



¹³ UPCOMING HIS HOINESS DALAI LAMA BIRTHDAY

10) CONCLUSION:-

- ❖ In overall conclusion, we feel that our report will make you connect to us as a family member and create a feeling that you are witnessing it through your eyesight. Our report contains important activities conducted between April to June at our nunnery, and we believe that it might be beneficial to understand monastic life.
- ❖ We would like to express our gratitude for the kindness, concern, and eternal help from our well-wishers worldwide. We are forever indebted to you for your support.
- ❖ We request you to share your feedback and any comments you may have or make our report more readable, and interesting. Your insights and suggestions are highly appreciated by us always.

