



GATSAL



Top row, Jetsunma with the members of DGL Trust after their annual meeting; Khamtrul Rinpoche in our Main Temple; Jetsunma in front of Tayul Gompa.

Bottom row, With Zangmo in DGL; With nuns from Peuker Gompa who visited DGL; Snapshot of the play during Lhabab Duchen.

Dear friends,

Here we are now in 2023 – how swiftly time seems to pass. Perhaps it is simply old age!

Now that we are no longer in lockdown there are again many visitors and guests coming to Dongyu Gatsal Ling. People are happy to escape the pollution and noise of the cities to find this peaceful oasis filled with smiling nuns who are studying, debating and performing the daily rituals.

Since I am no longer travelling it has been a joy to stay and appreciate the steady cycle of the monastic year. In July 2022 as usual the nuns entered their 2 months silent retreat and we plan henceforth to close the gates at this time so that the nunnery remains cloistered. Since it is the time of monsoon rains and everyone here is in retreat, there would anyway be little inducement for visitors to come at that time.

New term began again in September and during that month I

went to visit the Himalayan region of Lahaul with May Ling Yeo from Singapore and Felipe Zabala. They are planning to direct a documentary of my life ‘post-Cave’, especially centred on the establishing of DGL Nunnery.



Jetsunma with the man from Lahaul who built her cave.

So they wanted to visit Tayul Gompa where I had lived for about 6 years before moving to the cave. Nowadays Lahaul has changed a lot with the influx of tourists, mainly due to a tunnel entry through the mountain.

There is even a motorable road up to Tayul Gompa! May Ling and Felipe then trekked over to the cave together with some village men who showed the way. It was lovely to meet with the Lahouli monastics and villagers again and we returned with bag-loads of colourful hand-knitted socks!

A week or so later some nuns from Peukar Gompa (which is on the opposite side of the Lahaul valley to the cave), came for a visit to DGL along with the American nun Kalden Wangmo and the oldest nun Zangmo from Tayul Gompa. They said that they were praying that next life they would be able to join DGL!

In October several senior nuns went to Dolma Lhaxhang near Kullu, the branch temple of Khampagar monastery, to participate in the Guru Padmasambhava celebrations.

In November we again celebrated Lhabab Duchen – the Descent of the Buddha from Heaven after teaching Dharma to his Mother and other celestials. The nuns presented a costume play on the Life of the Buddha and in the afternoon there



Top row, Khamtrul Rinpoche cutting the hair of our new nuns during their ordination; Jetsunma received Christmas presents from the nuns; The altar arrangement during the 8th Khamtrul Rinpoche's death anniversary.
Bottom row, Khenpo and senior nuns performing rituals; Preparing khapse for Losar; Roasting barley to prepare tsampa (barley flour).

were the Dakini Dances. The younger nuns also showed displays of their Tibetan and English calligraphy and drawings. Many of them are very talented. Happily several friends attended as well as senior monks from the Khampagar monastery in Tashi Jong. In the evening was the ritual ceremony to Shakyamuni and the 16 Arhats along with debating.

In mid-December Kyabgon Khamtrul Rinpoche came to DGL which, due to the covid lockdown, was the first time in 3 years. Most of this time Rinpoche has been in strict retreat. Now he was come to bestow the Bodhisattva Vow for the nuns - and so the monks from the Khampagar monastery and monastic college also participated along with the lay people of Tashi Jong. About 500 people came so it was a very joyful and inspiring occasion for all concerned. During the lunch break Rinpoche ordained two new postulants and later handed out certificates to graduate nuns. Finally he visited the nuns in retreat here and stayed with them until the evening. We are deeply grateful to

Khamtrul Rinpoche for his kindness and consideration towards the nuns.

On Christmas evening the nuns again decorated an outdoor fir tree with fairy lights and made a bonfire. Wearing Santa Claus hats the nuns



Christmas tree decorated by the nuns.

sang Jingle Bells and a monk teacher sang a beautiful Milarepa song. The nuns asked me to explain what it was they were actually celebrating, so I explained the Christmas narrative. Everyone loves a good story!

In January was the death anniversary of the 8th Khamtrul Rinpoche who passed away in Bhutan in 1980 at the age of 49. Again the temple was beautifully decorated and about 100 monks from the Khampagar Monastic College came to DGL to deliver and listen to Dharma talks and to participate in lively debate with the nuns. The nuns were confident and assertive in debate and they all seemed to have a lot of fun although dealing with weighty philosophic matters. In the evening the nuns performed the Guru Puja [Lama Chop] wearing their yellow Dharma robes and red brocade Drukpa hats.

Now we are coming towards another Losar New Year when several dear friends from around the world will gather here for the festivities and prayers.

Meanwhile we wish you all the auspiciousness of the Rabbit Year and may it be bountiful and bring joy, With every good wish in the Dharma,

Jenzia Palmo



My Holiday

Lekshe Dolma

After three years, I went home for my holiday. I was very excited because I was traveling on an airplane for the first time. Then I reached my town. I was very happy to see my family. I did puja many times in my village. Sometimes, I went on pilgrimage with my family and friends. I saw that many things in my village have changed. Our villagers were very busy at that time because they were working in the fields and were growing many kinds of vegetables and rice. I am very happy to see they are helping each other. I also spent some time with my family. I was very happy and enjoyed myself very much.





Holiday

Yeshi Paltso

After a long time, I went to my village. I felt so happy to see my village. When I reached my village it had changed a lot because there were many new houses and the roads were also well maintained. It was not looking like the village I remembered, I couldn't recognize it.

I spent my holiday with my family and friends and enjoyed myself. I learned something new and had new experiences. I also went to a holy place which is very precious. I read scripture with some of our nuns and the village nuns. Every year we have one-month holiday but this year's holiday was amazing.

My Family Visit

Karma Chodron

I went to visit my family for seventeen days. I left the nunnery for Nepal on the night of Monday 23 November and reached Delhi early in the morning – at 4:30 AM. When I got out of the bus, there was nobody to help me and I walked around to find help. I saw some rickshaw drivers and one of them took me to the ticket office. They told me to wait for two hours until they open.

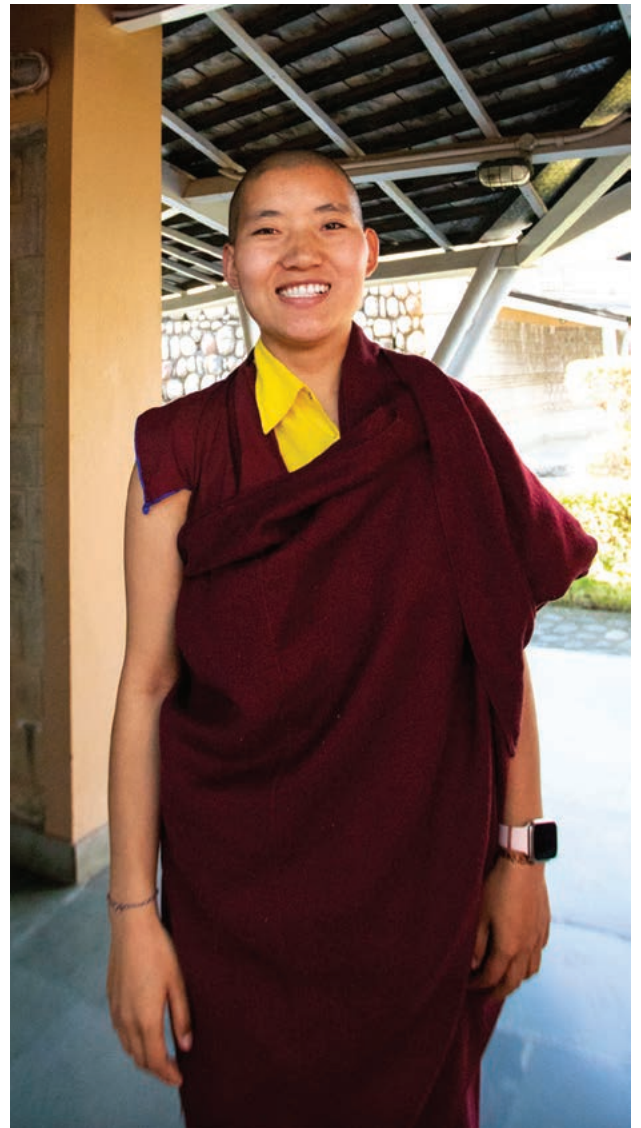
So I went to the rickshaw and stayed outside the ticket office. What is interesting is that the rickshaw driver also stayed with me because he said “this is not a safe place for you.”

That time, I felt two things: one is I felt I was so lucky and the other is that I was a girl alone there. That's why I was nervous and afraid but actually the rickshaw driver saved me. Now I really thank him. He also got me a cup of tea. I was very happy and I enjoyed it.

When I was in Nepal there was some bad news and some good news. The bad news is that my sister and my sister-in-law were both sick and the good news is that I met all my family together.

When I was there the first day I ate food from my mother's hand. It was delicious and I felt at peace. I also went to the hospital with my two sisters and my mother to take care of both of them. I got to hold my sister-in-law's baby. That baby was only five days old. She is very cute and feels soft. That day was very special for me. I spent time with my family. I knew about family's value.

We love our family and take care of families. Families are important in our lives. I love all my family members so much.





Going Back After Three Years

Damcho Tsomo

Going back home after three years was like a dream come true for everyone and for me as well. It's not like we're not happy staying at DGL, but our home gives us different vibes. Going back and meeting all our family members and relatives is so satisfying and emotional too.

My parents took care of me when I was very little and it means a lot. My parents are more precious than gold and I am very grateful for them.

I also got to see my small brother. He is kind of irritating, but I love him so much. He is the only boy child in our family. Of course, everyone loves him very much.

My two elder sisters are still a bit shorter than I am. They teach me a lot about life and I gave them lessons about my learning. Then comes my two younger sisters who are more like Tom and Jerry to me. They always argue about small things. I am honored sometimes having them in my life.

While on vacation, after three years and going back home, I saw all the changes in my village and surroundings of my house which seem to be more developed.

When the vacation ended, I felt so sad seeing tears in everyone's eyes because they say they are not sure if they will see me again. I too felt so sad that I almost cried, but I controlled myself because I have to be strong.

My daily life is being a nun and is very good, but home is home, as you know.

Going Home After 3 Years

Jamyang Dolma

Today I would like to talk about going home after three years. When we had a lockdown, I didn't feel sad and uncomfortable because I am happy here. But when the lockdown ended, I was very excited because I hadn't seen my family for a long time. End of May 2022 our holiday began and we started to go home.

I visited with my sister in Manali and then went to my village. I hadn't seen my family for three years so I felt a little bit nervous to see my cousins. My village has changed and is different than before. My sister and I went home and we met our parents. My father hugged me and my mother hugged me more tightly than my father. When she saw me, she cried. I also felt very happy. On June 24th, H.E Somang Rinpoche visited our village. For several days we did prayers and on the 30th Somang Rinpoche gave us a blessings. By this time our holiday was finished so we came back with Somang Rinpoche whom I was very fortunate to meet. I hope that next June Rinpoche will visit our village again. I hope you all are happy to listen to my story.



VACATION

Rigzin Dolma

For the first time since I became a nun, I went to my home for a one-month vacation. I went home with some other nuns. First we went to some holy places like Kunzom pass, Somang and Kharlodhampa. It was the first time for me. At one of these holy places we planned to visit, we walked twenty kilometres to a village called Nako. From there we did the pilgrimage up to the mountain. We stayed there for one night. The next day we went back to Nako village.

The other two nuns went to their own village. Shedrup Paltso and I went to my village. My elder brother came to pick us up. My family members were very excited to see me and they welcomed us. After seven years I went to my village and I saw many things that have changed. My sister and the two of us went to look around the village. One day we two read scripture at my home. We did the Chod puja at my maternal uncle's home. I planned to stay at home for three days and then I had to go to Rewalsar Lake near Mandi where my uncle (Khenpo Ramesh) lives. The next evening, we caught the bus to Rewalsar and we reached the next morning. Every evening we did kora [circumambulation] of the lake and also did the chod puja. Sometimes after dinner my uncle talked about Dharma with us.

One day my uncle, Shedrup Paltso and I went to the Guru Padmasambhava cave. I fully enjoyed my holiday. It was a very memorable time for me. At the end of June, the two of us came back to DGL Nunnery and so my one-month vacation was over.





Meeting My Family and Friends After 5 Years

Sonam Chokyi

I came to DGL in the year of 2017. After that I had not been back to my country, Bhutan, to see my family and friends. But on the 31st of May, 2022, I went to Bhutan to see them.

I did not let my mom and friends know about my visit. I thought that my mom didn't know about it, but she knew that I was coming and she surprised me by meeting me at the airport with one of her friends. She knew because I had asked my younger sister to come to meet me at the airport, but she couldn't come so she asked our mom to go and meet me. So I was shocked and happy to see her.

After seeing my family, I went to my previous Nunnery to see my old teacher and friends. When I reached there they were surprised and hugged me. Some of my friends cried, but in happiness because they were happy to see me and I was very happy to see them too. I went for lunch with my friends and we went to some holy places with the teachers. We enjoyed it a lot. When I was coming back to India they gave me lots of gifts. This year was very memorable for me. I am lucky to have wonderful people like Jetsunma, my teachers, family and friends. May Buddha bless them all.



Gardening

Samten Chodron

I like to work in the garden. This year I am not on garden duty, but I volunteered to help in garden. I like to help them because I love the flowers so much. We are busy every morning and evening. I want to make the entire garden at the nunnery very beautiful. I know it's difficult to do, but we are trying to make all the gardens look lovely. We are digging the hard soils which make it soft and help the roots of flowers and all plants make easier for them to reach water and help to grow. That's the benefits of improving the soil. Some plants and flowers do not have nice shapes so we trim them to make look better. Actually the garden is big and wide, it's difficult to see every part of plants and flowers, but I always have time for them to make a beautiful environment at DGL. The benefits are that all visitors also appreciate the environment and the surroundings of nunnery. My motivation is that by doing work for my nunnery, I will accumulate merits. Also by creating a lovely environment it's like an offering to the Three Jewels. I am very happy working in the garden.



The Importance of Good Behaviour

Kalsang Palmo

As a human being and a nun, we should all remember that good behaviour is very important for our society. People see and judge our physical behaviour not our hearts. Jetsunma has said we should show good behaviour and we should cooperate with each other in all the situations. We should speak with other people in a soft voice and slowly, when we walk anywhere like to the monastery on the road, to the market etc. we should walk with mindfulness, slowly and safely. We shouldn't show our anger with other people, because all sentient beings are our mother, so please don't harm our mom.

We are very fortunate to be nuns and we live in the Nunnery. We have many different rules and disciplines. We believe these rules and disciplines are very important and we follow the rules very carefully. We should care for all animals and try to understand other people's feelings. We should be respectful to our elders and affectionate to those who are younger than us. We should keep our Nunnery neat and clean and we should entertain the guests who visit our nunnery.

Good behaviour should be observed at home also. We should maintain DGL rules. We should be helpful to those people who are weak and we should not hurt others' feelings. Lastly we should help all sentient beings, have compassion, show our smiling face and behave well. If we have very good knowledge but we do not have good behaviour, I think it means nothing. I always try to be a person who behaves well.



VISIT OF OUR RINPOCHE

Lhamo Tsering

For the last two years due to covid, we were not able to leave the nunnery and nobody was allowed to come inside. Now by the grace of Buddha everything is normal like it used to be.

Last month our root guru Khamtrul Rinpoche came to our Nunnery along with lots of monks and lay people. In the Nunnery, it was so crowded. Every nun had got several jobs to do. It's been a long time since we were so busy. Before the day we had been preparing for the ceremony and now finally it had come. On the day his visit made the whole nunnery glorious and charming too. We organised a big celebration, especially for our Rinpoche.

He gave us a teaching, which really made everyone so inspired. About 9 am we gathered in the main temple and attended the rest of the ceremony. He gave us Bodhisattva Vows which was really very auspicious. I was so elated and I felt myself so fortunate. After I got the vow, my whole body felt so blessed. It was like a miracle. Khamtrul Rinpoche is the ultimate source of knowledge, that's why his every single word made us so bold and well tamed. I felt on close connection with him. At midday we had our special lunch and then we got our exams results announced under his blessings.

Everything happened in a perfect way. Finally, before leaving from our Nunnery, he purified the whole atmosphere and gave us so much inspiration. I will never forget this moment. I thank Buddha for having granted me such an opportunity. It was an unforgettable visit of His Holiness. We can also say it was the most auspicious day ever in my life.



The Happiest Day of My Life

Yeshi Tsomo

In this world, every person has been found with different situations. Some situations can be memorable moment. People call it the happiest day of their life which doesn't come often in one's life. Like other people I have kept lots of memorable moments in my heart. Some are still in my mind and some I have forgotten already. Some of my latest memories have a special place in my heart. Whenever I am reminded about the moment, it always gives me pleasure. It has been my unforgettable pastime. It was the time, when I was given the Bodhisattva vow by my root guru. It was the most auspicious day ever in my life. For the last two years due to covid, we were not able to see our root guru for a long time. Last week he came to our nunnery. He is such an incredible being. That day our nunnery held a big occasion for every monk, nuns and lay people. The whole programme was organised in honour of His Eminence Khamtrul Rinpoche. Everyone gathered in the shrine while our Venerable Jetsunma la gave us a teaching. It really inspired me a lot. She has always been an adorable and admirable person my life. During the whole programme, I was so curious about the vows. I felt like a miracle was happening around me because I had totally true conviction in his words. That moment was so magical far me, which is so hard to describe in words, every statement, even every word from his soul really touched my heart. Everything happened in a good way, now I am so satisfied and content. It was an unforgettable moment which I want to keep until my last breath, even forever. Even today, when I remember that day, which is my happiest one. I say thanks to Buddha and Venerable Jetsunma for having granted me such a happy day.



TWO MONTH RETREAT

Jangchub Tsomo

We sit for a two month retreat every year. The two month retreat is the best time of the year. This year I sat for the retreat of Mandala offering and Guru Yoga. During our free time, we memorise philosophy, read stories and rest. Our Nunnery is usually very peaceful but during two month retreat time it is very peaceful. We do not talk to each other and we sit in silence. In free time some nuns like to meditate, do prostrations or memorise for exams. In my free time, I did so many prostrations that I finish my non-virtue. I really like to do this two month retreat.





8TH KHAMTRUL RINPOCHE PARINIRVANA ANNIVERSARY

Jangchub Sangmo

To highlight the event of the anniversary of holy Parinirvana of our 8th Khamtrul Rinpoche Kalsang Dongyu Nyima on the 18th day of the 11th Tibetan month, we received a delegation of 100 monks from the Khampagar Druk Shedra (Monastic College) along with Khenpos and teachers. In the morning, we started the program with 10 minutes of meditation and then we had a presentation by two of our nuns and two of the monks from Khampagar Monastic College, this was followed by intense discussions, question from the audience and responses by the presenters. All of them did their best.

After lunch, our respected Khenpo Ngawang Sangpo gave us enlightening teaching and advice on how we should plan our studies and classes and at least to have knowledge of the three basic other languages to enhance the wisdom of Dharma. Most importantly, he spoke about meditation practice as important to focus on what we do and be mindful in our actions as we have learned through Buddhist texts. To sum up, he enlightened us with three main points which we must put into practice.

Later on we had a hearty debate competition with the monks. Our nuns did a very good job, and it almost seems like we won the debate about which we are very proud. Toward the evening, we ended this important day by conducting an offering Lama Chodpa ritual. We chanted in remembrance of our Root Guru, dedicating the merits which we have accumulated for the well-being of all sentient beings and for world peace.



About Losar

Dolma Chotso

I would like to write about Losar. Before Losar we cleaned our rooms and all around the nunnery. We made some different shapes of khaptse. Also we offer some khaptse, fruits, biscuits and sweets in the Main Temple, Tara Temple and our own rooms. On the 29th of the last month according to the Tibetan Calendar we had special thukpa call guthuk which means mix of nine things. It's made of nine different kinds of ingredients. When we eat thukpa we have to leave the last bite, which we offer to spirits to take our obstacles away. It's such a very special thukpa. On the first day of Losar early in the morning we get blessing from Jetsunma la and we did puja. Once we finished puja here in nunnery we went to Tashi Jong to get blessing from our root Guru and join the puja with monks. Last Losar was special because we got a chance to see our guru after a long time. That day was the first time we saw him after COVID, and there was a special offering prayer for him.

On the second day of the Losar we had a picnic in our nunnery along with some special guests from Tashi Jong. All enjoyed that day, after that we have holiday for a week. One day I and some nuns went to see a lake which is called Pong Dam. It was really a big lake. We had a boat ride and small picnic. We enjoyed a lot. Whole week I enjoyed a lot with friends here in nunnery. It was a really memorable time for me.



My Experience of the Dakini Dance

Tenzin Palzom

This year, I participated in the dakini dance. I was very curious about the performance because it was first time. I was a little bit nervous about it. The dance was taught by our elder nuns. At first it seemed so difficult, but I practiced a lot. I didn't perform as well as the other dancers, but I did the best I could. We were sixteen dancers. It was such a hard job for me, but I motivated myself and dedicated my whole performance to my root guru and venerable Jetsunma la. Before being on the stage, I remembered the grace of our Jetsunma and other folks which really helped me to get rid of my nervousness. During my whole performance, I pretended I was a real dakini. The costume is beautiful and so heavy. Each part of the dress has so much meaning. Many smart people have talked and written about the different meaning of the dakini dress. I really want to do the dakini dance again.



Being an Actor at Lhabab Duchen

Sonam Chodron

At Lhabab Duchen this year I acted as Buddha's mother. She was a wonderful queen and the luckiest woman because she was Buddha's mother. Her name was Mahamaya Devi. I was very happy deep in heart because I had the chance to play this role. When we had a practice it was fun, but it was also hard to do because how to show our own emotions fully in our acting. I practiced a lot, but I still didn't know how I could show my emotions, for me this was the hardest part. In this drama I did many things which were uncomfortable for me. Like a script saying to talk with feeling. Especially when I was giving birth to the Buddha because at that moment I needed to show the pain. Also I had to shout loudly while giving birth!

The second hardest part was when Buddha's mother died. This was difficult for me because I haven't had the experience of being with someone who was dying. I was sad for Mahamaya because she did not see Buddha grow up and she did not see Siddhartha become the Buddha. In this play everyone had speak Hindi with Sanskrit grammar. No one speaks this kind of Hindi anymore so it was difficult for the nuns who don't speak Hindi. I thought all the actors did well with the language.

When the play was over all the nuns were happy and tired. We had practiced every night for several weeks. Every evening we had practised from 8pm until 1:30pm. I was happy that people liked our play. They thought our costumes were wonderful. I enjoyed dressing up as Queen Mahamaya. I hope I can be in another play because it was awesome and I had lots of fun during the practices.



Nyungne

Mingyur Chodron

Nyungne is the fasting ritual of the 1000 armed and 1000 eyed Avalokiteshvara (Chenrezig) is a practice of the Kriya Tantra tradition and helps to purify negative karma and improve our compassion. Every morning we take vows, in this very short retreat, we practice by renouncing eating, drinking and speaking every other day, but there are some rules if you are sick or taking medicine. You can get permission from the Nyungne Lama to eat or drink. In this practice we do recitations, visualizations, meditation, prostrations and increase our humility. The practice of fasting and going without liquid on alternate days has a purifying effect on the body and mind. It creates strength and clarity.

Last year one Togden from Khampagar monastery, many lay people from Tashi Jong and some Kinnouri people join us. We did three sets of Nyungne and each set take two days. On the last day of Nyungne we offered tsok.

For the last three or four years my mother and my relatives came to do this practice. I am very glad they are doing this practice with the Togden and 100 of our nuns because not all lay people get this chance.

I remember when I was very young I saw that my villagers were doing Nyungne in my village. One time my mother was going to do Nyungne practice I cried a lot because I wanted to go with her, but she didn't want to take me with her because I was very young. She told me now you are not able to do this practice even though I cried a



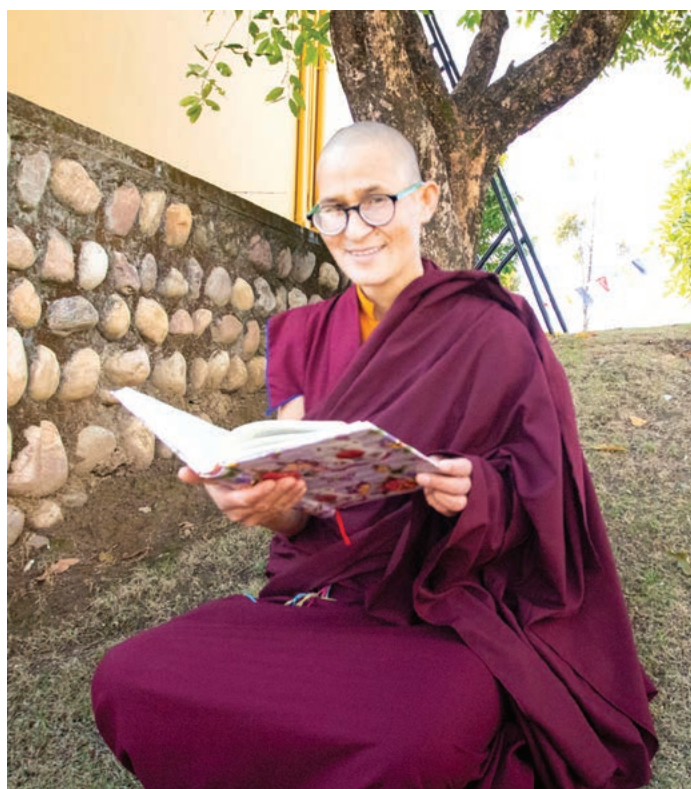
lot. So she took me for only for one night. The next day she sent me back. After that every morning I took milk for the people who were doing Nyungne from my home.

Deep in my heart I am very thankful to Ven. Jetsunma La because she allowed lay people to join the Nyungne practice. At that time, I noticed that they were very happy and peaceful. It all happens because of Ven. Jetsunma La. I never forget all that she has done for us.

Fasting

Yeshi Palzom

I would like to talk about fasting. Whenever I hear that word, I feel so peaceful and content. Our fasting program [Nyungney] went from 13 March to 18th March. Each day I woke up 4.30 am. I meditate for a while then did three round of Kora [circumambulation] and I went into the shrine. I took the root vows from our holy yogi. After the nuns received the vows, he gave similar vows to the lay people. He also gave a teaching to them which was translated by our teacher. It is very difficult to have a [well-endowed] human birth because not many people have done virtuous deeds. It is important to have mindfulness and awareness to practice Dharma. We must be proud of being human beings. We are very lucky to have a human birth. Some people have a human birth but they don't know about Buddhism. So we are luckier than those beings.



My Experience as Nyerpa

Chophel Dolma

This year I got a large numbers of votes and I became Nyerpa (Store keeper in charge of food). I felt so worried and confused about my job. I didn't want to become the Nyerpa because I didn't know a lot about the job. I felt so nervous, but when I thought about my whole nunnery, I said to myself that our nunnery did a lot for me and it should be my responsibility to repay the kindness. That thought really helped me to feel better.

After a couple of meetings I understood a lot about my job. At first the job was so hard for me, but slowly it became easier and more interesting. I did my job from the depths of my heart. I am still doing the best I can. Every weekend I go to the market and general stores to buy vegetables and other things we need daily. Sometime I have to give a special lunch, and at that time I need more help and luckily I get help from other nuns. As a Nyerpa, I can understand how many worries a Nyerpa has! If everyone can understand each other and help each other, it might be so much easier to work in a kitchen as Nyerpa. It can also be beneficial for the program of our nunnery.



My Brother at Tashi Jong Monastery

Yeshi Paldon

In our family there are seven children. We are nine family members including our parents. I loved all my family members but I am very close with my younger brother Sampa Loden because we came to India together and were ordained in the same year 2011. When he became monk he was six years old. Now he is seventeen. As he is becoming a senior monk and he practices the Buddhist rituals. The monks also perform many big rituals every month. Sometimes the ritual lasts for ten days or more. When he was young I went to Tashi Jong monastery to meet with him and gave him something to eat that he likes. His favourite dish is fried rice. He likes green color. He is a little serious but he has a good heart and good manners.

Usually we do not have our holiday in the same month but this year we went together to our village to meet our family. It was his first time to visit our village after eleven years, so all our family was very happy to see him back. My brother was very friendly to them and it seemed like there was something changing in his habits. In his monastery, he didn't talk much. Mostly he stayed alone. He didn't even talk to me very much. Now he is not like that anymore. Now he is more friendly with others and it is good for him. Therefore, I am feeling so happy to see these changes.





THE GREEN TARA EMPOWERMENT

Tsewang Chodron

This year all the nuns went to Tashi Jong to receive the Green Tara empowerment. First we all waited to welcome Khamtrul Rinpoche. When he came he went into the temple and did special things. We all got purifying water to cleanse our body, speech and mind before we entered the temple. This was to help us get ready to receive the empowerment.

In the temple there were so many people. We were all sitting together and chanting. We all offered a Mandala and Rinpoche gave the blessing of the Green Tara.

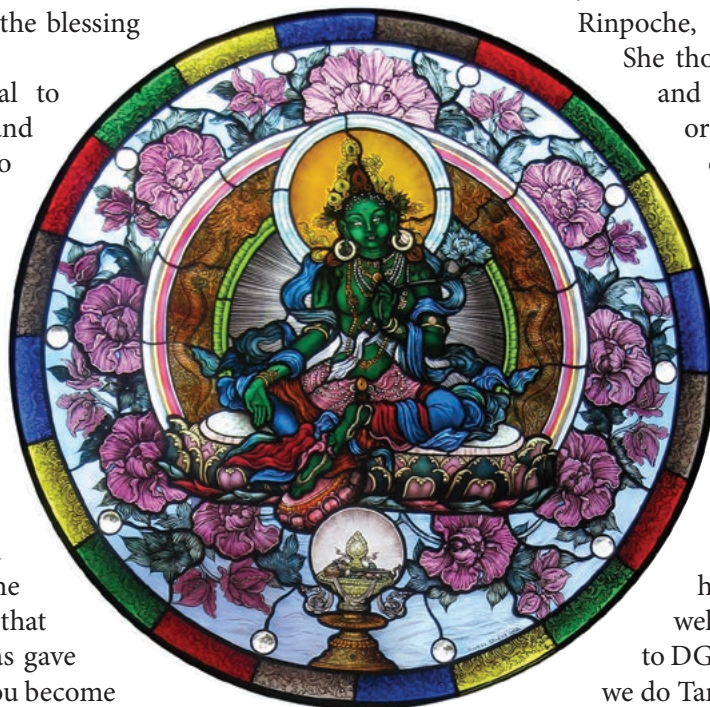
Green Tara is SO special to us. She is always with us and she blesses us. If we pray to her from our hearts she will always be with us and help us in any circumstance. This empowerment gave us special permission to become Tara.

Green Tara was a princess and she had sincere strong beliefs about the Buddha and Bodhisattvas. She offered lots of precious jewels to the Buddha and Bodhisattvas. At that time some of the Bodhisattvas gave her advice. They told her, 'If you become

a man, you can help all sentient beings.' The princess told them that men and women are equal, "So in a women's body I can also help sentient beings." She promised in front of the Three Jewels that until she becomes a Buddha she would help all beings in a women's body. She would always have a Bodhichitta mind.

Green Tara is very special to Jetsunma and DGL. One time Jetsunma's Root Guru the 8th Khamtrul Rinpoche, told her to start a nunnery.

She thought about that in her room and said, 'I have no money, land or people. I am not Tibetan or a Lama. How can I start a nunnery?' Then she saw a Thangka of Green Tara. Jetsunma told Green Tara that she needed Green Tara's help. Jetsunma would be the person who could be seen, but Green Tara would be the main person to help and so Green Tara agreed. Because of Green Tara's help, Jetsunma had no worries and all went well. So Green Tara is very special to DGL nunnery and every morning we do Tara Puja to thank her.



BUTTER LAMPS

Sherab Dolma

A butter lamp is like a candle. We use butter lamps in puja. Sometimes we also use them on behalf of people who have died. The light of the butter lamp helps them through their time in the bardos.

Butter lamps have many kinds of the shapes. Some are like a Buddhist bowl. We think butter lamps are just things, but they aren't. They are help people all over the world. Sometimes when people die, we make butter lamps in our temple. We also use lamps at the morning and evening pujas. Sometimes we have many to clean. Our classmates all work together to clean them.

Butter lamps are like a light in our life. It's like magic. It helps during our whole life even when we die. It helps all the time throughout our life.

We make butter lamps with Vanaspati ghee. First we melt the ghee then we put a cotton wick in the lamp holder and after that pour the vanaspati ghee into it. We keep it for one day to get hard. We keep all the butter lamps on the offering altar. Sometimes we put them in a special design and sometime in a simple way. I like butter lamps.



How to Support the Nuns at DGL

Jetsunma Tenzin Palmo and the nuns at Dongyu Gatsal Ling Nunnery thank our supporters in a most heartfelt manner. Your kindness helps our Nunnery to flourish and keep the Dharma alive.

Sponsorship of a nun here costs \$365 per year.

We welcome your contribution to support our nuns and accept credit card, check/cheque, direct deposit or electronic bank transfer.

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Full details for all these methods of payments, including link for US donors wishing to make a tax deductible donation, can be found by visiting our website

www.dglnunnery.com

Dongyu Gatsal Ling Trust is registered in India as a Charitable organisation designated for the support of Dongyu Gatsal Ling Nunnery and its activities.

Front cover: Khamtrul Rinpoche being greeted by Khenpo Sonam Wangyal in his visit to DGL Nunnery.

Back cover: Nuns doing their daily cleaning around the Main Temple.



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