

LADAKH NUNS ASSOCIATION, LEH

NEWSLETTER 2023

Julley!

We are very happy to share with you our activities and advancements here at Ladakh Nuns Association over the past year, 2023. We are all healthy and fine here as we celebrate Ladakh Losar we send you our hearty Julley and all best wishes for a fine, healthy and happy year in 2024! With all loving good wishes, from all of us here at LNA

Nun's Education Program



We organized a two day workshop on 'How to manage our stress during these busy days' for our nuns. During these winter days, we try to keep ourselves busy with ideas and activities that can develop our inner mind to keep us positive and peaceful. We are thankful to Scholar Mr. Tsetan Angchuk. Our nuns gain so much moral knowledge, which is very essential in this modern world!



Buddhist Education Program (Public Events)

In June, Ladakh Nuns Association organized a historical 3 days of mind training to cultivate harmony and peace in our daily life to the lay people kindly led by His Eminence Jhado Rinpoche la. Over a thousand people, monks, nun, laywomen and laymen, attended these precious teachings so lovingly offered by HE Jhado Rinpoche.



HEARTY WELCOME TO HE JHADO RINPOCHE



LNA Nuns Serving His Eminence Jhado Rinpoche Public Teachings and our Ladakhi Buddhist Community at Ladakh Buddhist Association (LBA) main Temple in Leh





**Ordination Ceremony in June at LNA Choskorling Nunnery,
Saboothang**



HE Jhado Rinpoche la also gave novice ordination for young nuns at our new place. There were 40 young nuns participating in this ceremony from different nunneries. It was a wonderful and tremendous opportunity for our young nuns.



Medical Project and Environmental Stewardship



The construction of the new Amchi Medical Clinic has been finished. It will be a new facility to enhance LNA's traditional medical clinic and educational activities for women/nuns. Tibetan medicine and public health activities are ongoing at the nunnery, and nuns continue their regular activities such as preparing traditional medicines and collecting herbs in the mountains in areas outside of Leh.



Two day programs were conducted to bring awareness about the environment and the need to protect it and keep it clean. We have planted apricot trees, apple trees and trees at our place. It is important to protect us from air pollution, smoke pollution and climate change. We gave talks to our students about the importance of caring for the earth and the planting of trees and the garden. All of them learned how to cultivate and plant, and how this plays an importance in our daily life. The greenhouse in Saboothang is producing many greens and tomatoes for use during the summer months, as well as drying out for winter storage and use. We are focusing on maintaining our local customs of growing and eating healthy, organic food and teaching the young nuns to avoid eating pre-packaged foods and sugary foods. We help them understand how our traditional Ladakhi method is much better both for our bodies and minds, as well as the natural environment.

Health, Fitness and Ongoing Education

In August and September, Soko Takeuchi from Japan visited the Ladakh Nuns Association and she taught Yoga for nuns. It was a great opportunity for the nuns to learn from her. Especially our young nuns, who looked like natural yoginis as they spread out their yoga mats in the sunshine, stretching and following her instructions! Soko was quite impressed with their affinity for yoga. She wanted to enrich the nuns with the practice of yoga and once it was successfully completed she gave a certificate to the participants. We expressed our heartfelt gratitude to Soko for sharing her knowledge with us!

On First month of Lunar year (Chostrul month) we offer prayers and chant mantras for all sentient beings. On this special day of Buddhism we pray to have peace in the world. We organized a week-long training/workshop for the lay people and nuns. The topic of the workshop was *Ethics and Moral Education*. We invited scholar Gesha Thupstan Zotpa for this event. All the participants gain lots of knowledge and new experience from him. It ended successfully and fruitfully of great benefit for all.

Our young nuns have also been successful in their annual examination. All of them are happy to advance to study in new classes. Senior nuns have finished their annual examination but will have to wait for the results which will be declared in March 2024.



We hope to see many of our kind friends and supporters next year in 2024 when the weather turns warmer. Until then, we send the warmth of our Dharma practice and best wishes for your long life, good health and lasting happiness!

ENGLISH DHARMA LIBRARY BOOK DONATION FROM KIND DONORS IN USA

LNA extends our deepest gratitude to our Dharma friend Alison Driscoll in the USA for her generous donation of several precious books to add to our growing library at our new project.

