

Himalayan Children's Fund News

Dear Friends,

March is exam time for lay and monastic students alike ~ grade school through shedra ~ and all can now breath a sigh of relief except for the Class 10 students who are just beginning the SEE government exam.

Held at the Arundaya School in Kathmandu, the exam begins on the 28th of March and will complete on April 9th at which point the students will be able to return to their family homes for a long holiday.

The Namu Buddha Seminar, taught by Chöje Lama Wangchuk, just came to a close at the monastery in Boudha, and the annual 10 day Thrangu Mani Dhungdrup Puja begins March 30 at SMD. After a short break, the 2024/2025 school year will begin April 14th.

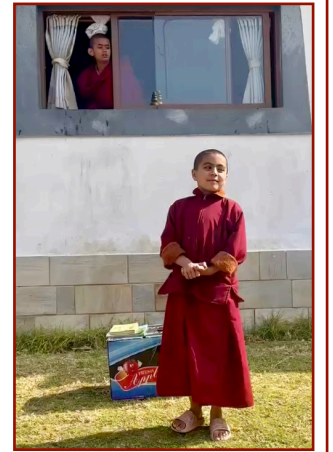
Thank you for your kind support.
Please enjoy and share our stories.

~ Debra Ann

Thrangu Sekar
Retreat Center,
Bhaktapur

A young nun recites the instructions concerning the seven point posture for meditation to her classmates on the lawn in front of the Milarepa tower.

Hover for video.



TARA ABBEY

Since 1996, Lama Sonam Tsering, known loving as Lama Ajo, has served as the retreat master for Tara Abbey nuns engaged in the traditional 3 year+ retreat at Sher Gomba in Manang. Though a retreat master need not reside continually near the Gomba, one does need to travel back and forth at intervals to guide and oversee. This has become increasingly difficult for Lama Ajo physically, so he has retired and Lama Yonten, the Ngondro retreat master at Namu Buddha, has been appointed to the position. The transition was recognized ceremonially in December at Tara Abbey. Lama Ajo first gave a reading transmission of *The Jewel Ornament of Liberation* to the monastic community, after-which he was honored with a show of appreciation and Lama Yonten was warmly welcomed. Chöje Lama, Tulku Damchö, and Khenpo Chönyi were in attendance with the nuns and other monastic staff.



PHENDE CLINIC

From March 4 to 6, Amche (Dr.) Pema Beru and his team from Thrangu Phende Clinic successfully completed a free acupuncture clinic for more than 100 residents in Tatopani.

A village in Sindhupalchok District, in the Bagmati Zone of central Nepal near the border of Tibet, Tatopani has an altitude of over 10,000 feet and was severely affected by the 2015 earthquake.

To support the clinic work, designate: Thrangu Phende Clinic.



VAJRA VIDYA AND NAMO BUDDHA

With exams completed, the young VVI and Pullahari monks have now relocated with their teachers to Namo Buddha. The results of their monastic and secular training and background will be shared with the school staff for proper placement when the new school year begins. The monks had their first meeting with the school principal, Lama Karma Phurbu, and other teachers as the beginning of their orientation to life and schooling at SMDBS.



Shedra monks also finished their annual exams at VVI before returning to Nepal for the summer session in Namo Buddha and all have graduated to their next year of study. Khenpo Gendun reported: "The exams went extremely well, nearly perfect, with very high marks ~ 99 something!".

