

## **Final Annual Report 2018**

As the year passed by, the New Year begins with lots of new hopes and altruistic motivation, we are very fortunate to have your continued love and supports all the times. We feel it is our responsibility to bring before for you all the activities we had done for the education, improving the infrastructure and spiritual activities last year. We are presenting before you the annual 2018 report before you all. We hope you all will enjoy going through it and welcome your sincere suggestions for further progress of this nunnery.

### **Religious Activities**

#### **1.1 . Meditation**

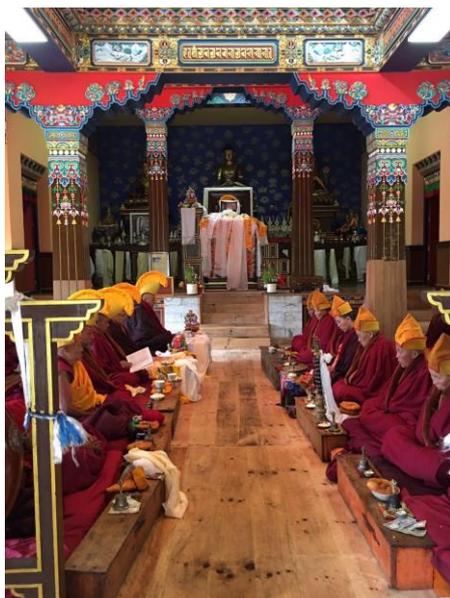
During two months winter vacation from January to March 2018, most of the nuns stayed at Gonpa and practiced meditation and dharma in the premises of the Gonpa.

#### **1.2. Saka Dawa Festival**

The Saka Dawa festival is observe in the fourth Tibetan month, which in 2018 falls on May 16 and ends on June 13. Every year, Khari Nunnery celebrates the Saka Dawa festival. Saka Dawa represents the holiest and most sacred festival in Tibetan Buddhism celebrating Buddha`s birth, enlightenment and parinirvana.

It is believed that the practice of good virtue and the acts of benevolence during the festival doubles the merit accumulation. Tibetans refrain from eating meat and doing any non virtue deeds instead they practice prostrations, and many forms of offerings like offering of water bowl, and offering of butter lamps to the Buddha Shakyamuni.

We prayed for the world peace and all the sentient beings to be free from suffering. On top of this, we prayed for the long and healthy life of His Holiness the fourteen Dalai Lama Ngawang Lobsang Yeshe Tenzin Gyatso and our respected Khari Rinpoche Tenzin Yonten and all our dear sponsors and donors good well being.



*Special prayer session on Saka Dawa Festival*

### **1.3 Celebration of His Holiness The 14th Dalai Lama's Birthday**

Every year on 6<sup>th</sup> July, we celebrate the birthday of His Holiness the 14<sup>th</sup> Dalai Lama. The long life prayer of His Holiness and many auspicious rituals were performed.



*Buddhist prayer flags flutter around Khari Gonpa on His Holiness The 14th Dalai Lama's Birthday.*

#### 1.4. Chokor Dhuchen

The holy festival of Chokor Duchen falls on the 16th July 2018. We celebrates the first turning of the wheel of dharma by the Lord Buddha (hence the name -"chokor" means "Dharma Wheel", "duchen" means "great occasion"). Tradition has it that Buddha was not convinced through his own reflections that teaching what he had discovered through his meditations would be of any benefit to others. Finally however, he persuaded to teach for the benefit of all sentient beings. The Buddha then addressed the five people who had been his companions during the time he spent in the forest and taught The Truth of Suffering, followed by the other Three Noble Truths.

During this day, our nuns stayed for Nyungne (Nyungne is a profound, two-and-a-half-day practice, a length of time especially helpful for people whose schedules cannot accommodate long-term retreat. It involves the keeping of strict vows; the second day is devoted to complete silence and fasting).

The meditation centers on the recitations, mantras, and guided visualizations of the Thousand-Armed Chenrezig (Avalokitesvara), the embodiment of all the buddhas' loving-kindness and compassion. Nyungne; translated as "abiding in the fast," is said to be effective in the healing of illness, the nurturing of compassion, and the purification of negative karma). Our nuns stayed for two sets of fasting on Chokor Duchen festival.



*Special Prayer on Chokor Duchen*

## 1.5. Celebration of His Eminence The Khari Rinpoche's Birthday

His Eminence The Khari Rinpoche Birthday falls on 6<sup>th</sup> of September and our nuns hold a special long live and healthy prayer of His Eminence The Khari Rinpoche.



*Welcoming Khari Rinpoche's Photo from his residence to the main prayer hall.*



*Nuns praying and offering butter lamps on His Eminence Khari Rinpoche Birthday.*



*Celebrating His Eminence Khari Rinpoche Birthday.*

## 1.6 Lhabab Duchen

On 31st October 2018 and coinciding on 22<sup>nd</sup> day of the ninth lunar month of Tibetan lunar calendar is celebrated as Lhabab Duchen. It is one of the four Buddhist festivals commemorating four events in the life of the Buddha. It is observed as the Buddha's descent from heaven to the earth.

The Buddha left for The Heaven Of Thirty-Three (Trayastrimsa) at age of 41 to give teachings to benefit the gods in that desire realm, and to repay the kindness of his mother by liberating her from Samsara( the wheel of cyclic existence).

On Lhabab Duchen, the effects of positive or negative actions are multiplied ten million times. It is part of Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day. At Gonpa, our nuns sat for two sets of Nyungne( abiding in the fasting).



*Group photo on Lhabab Duchen*

## 1.8 Gaden Ngamchoe

literally means "Ganden Offering of the Twenty-Fifth Day", or Lama Tsongkhapa Day, is a celebration of the anniversary of Lama Tsongkhapa's parinirvana (passing away). It is celebrated on the 25th day of the 10th month of the Tibetan lunar calendar which falls on 2nd December 2018. Je Tsongkhapa was the great Tibetan Buddhist master. As per our tradition, we performed prayers, rituals, and offered butter lamps around the Gonpa.



*In front of Khari Nunnery, nuns are performing ritual on Gaden Ngamchoe at Night*

## Second Section: Education

Education is very important tool for every people all over the world to make balance of life and its existence on the earth. It is the tool which stimulates everyone to go ahead and successes in life as well as provides ability to overcome challenges in life.

For Khari nuns's education is kindly supported by Tibet Aid Foundation and Solhimal Organization; France and Saraswati Organization; Nepal. Due to their kind help, nuns get opportunities to continue with their studies to have a meaningful life and gain different knowledge. So, Khari Nunnery would like to say thank you from the depth of the heart to all the organizations and sponsors.

### 2.1 Tibetan Language and Religious Classes

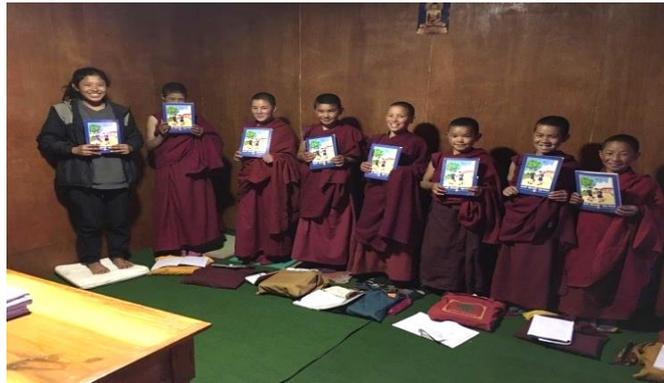
Date	Education activities
7th April-27th May.	Buddhist musical instruments and making Torma (ritual cakes) taught by Ven. Dhuthop
16th May - 31st Dec	Elder nun Ngawang Dolma took oral text to young nuns
16th May - 31st Dec	Tibetan hand writing taught by Elder nun Tashi.
22nd May - 12st Dec	Buddhist Philosophy class was taken by Geshe Tenzin Dhargyal.
29th July - 5th Dec	Ven. Kaykap taught the Tibetan script.



*Ven. Khaykap taking the Tibetan class*

## 2.2 English and Nepali Language classes started

Date	Classes
16th May -15th June	Mr. Mingmar took Nepali script class to nuns
29th July -12th Dec	Nun Tenzin Sonam taught beginners English to young nuns
21st Sept - 31st Dec	Ms. Dawa Sherpa started Nepali Grammar class to young nuns



*Ms. Dawa teaching the Nepali Grammer.*



*Mr. Mingmar teaching the Nepali script to nuns.*



*Nun Tenzin Sonam teaching English subject to young nuns.*

### 2.3. Learning Buddhist musical instrument and making Torma (ritual cakes).

From 6th February till 8th March, they had a session of practicing the dharma musical instruments (bell and dorjee, kangling (thighbone trumpet), conch shell, large drum, cymbals, damaru (two headed drums)).

Making "Torma" (**Torma** (Skt: Balingta, Tib: Tor-ma, Wylie: gtor ma) are figures made mostly of flour and butter used in tantric rituals or as offerings in Tibetan Buddhism.) and "Kargen" (butter dyed in different color to make various items according to the need of rituals).



*Nuns learning to make Torma.*



*Nuns made Torma.*

## 2.4. Debate in Buddhist Philosophy.

As H.H.the Dalai Lama always encourage monasteries, nunneries, and schools to introduce debate in education curriculum, and long time wishe of Rinpoche , we are very happy to introduce debate to young nuns though our senior nuns are already practicing debate. Debate is the investigative technique used in Tibetan Buddhist philosophy to sharpen analytical capacities and philosophical concepts. From this year Khari Nunnery's young nuns start practicing debate in Buddhist philosophy. Geshe Tenzin Dhargyal offered scarf to all the young nuns on this auspicious day.



*Inauguration of debate to young nuns.*



*First day, young nuns practicing debating in Buddhist Philosophy in front of Khari Nunnery.*

## 2.4.Third Section: Annual Exam



*Written exam in prayer hall.*



*Oral Exam in prayer hall.*



*Geshe Tenzin Dhargyal and nuns taking group photo after finishing the oral exam.*

### Third Section: Health

As health is very important for the nuns to carry forward their educations and daily routine, we are deeply thankful to Mr Franz Maucher and Schwetzingen Tibethilfe e.V organization for providing medical support for many great years.

#### **3.1. Tibetan Medical Checkup**

Mr. Franz Maucher's and all the members of Schwetzingen Tibethilfe e.V helped with all the medical treatment expenses and helping most of nuns who are still depending on the Tibetan Herbal Medicine for a longer durations.



*Medical checkup photo with doctor*

**3.2.** Schwetzingen Tibethilfe e.V organization member's Mr. Tim and Mrs. Sabine came to visit our Khari Nunnery and distributed gifts to our nuns.



*Mrs. Sabine and Mr. Tim distributed gifts to nuns.*



*Geshe Tenzin Dhargyal and Khari Nunnery committee members are thanking Mr. Tim and Mrs. Sabine.*

- **Mr. Michael support electricity and gas** to our nuns which make our nun life really easy and comfortable. Electricity and gas are very important to our Khari Nuns. Without electricity, our nuns get difficult to do their study and religious practices. Khari nuns are using gas to cook meals to all the nuns. Khari Nunnery would like to say deep thank you to Mr. Michael for his kind support.



*Thanking to Mr. Michael*

## Fourth Section: Projects

### **4.1. First project is reconstruction the floor of prayer hall which is fully funded by Mrs. Leeli Bonney and Tara Foundation.**

The reconstruction of the flooring of prayer hall is the need of hour as it was badly worn out due to climatic conditions and many years of constructions and affecting nuns' general health and doing their daily religious activities. We are deeply indebted to Mrs. Leeli Bonney and Tara Foundation for funding this very important project. Now, our nuns can really enjoy in this new condition not affecting their daily routine and health. Thank you so much.



*Inside prayer hall floor was badly damaged (rotten wood)*



*Rotted wood of prayer hall floor*



*Prayer hall floor in reconstruction processes*



*prayer hall floor after completion*

#### 4.2. Second project is Green house project fully funded by Trish Kelly.

Green house project is one of the most successful projects of this year. Seeing the rarity of green vegetations in nunnery area due to its altitude, nuns helping themselves with different, difficult methods like preserving the summer vegetables in harsh winter climate and fermenting them affecting nuns general wellbeing Trish Kelly generously fully funded this project with very good , farsighted and kind motivation. Now, our nuns can enjoy all year round green vegetables in their diet which is really helping their health. We all convey our heartfelt sincere thanks and appreciation to you.



*Beginning the construction process of Greenhouse*



*Khari Gonpa's Green House project of 2018*



*Vegetables inside the greenhouse*



*Celebrating the completion of Greenhouse project with Trish and Michael.*

**4.3 Third project is the construction of bathroom and toilet with generous funds from Mrs. Leeli Bonney and Tara Foundation.**

As bathroom and toilet facilities are very important part of our nuns health and hygiene, we are deeply thankful to Mrs. Leeli Bonney and Tara Foundation for fully funding this very important project which was remained as project for few years due to unavoidable circumstances. Now, our nuns can enjoy this convenient and clean bathrooms and toilet. Thank you so much from all of us.



*Before construction and after completion of bathroom and toilet for nuns.*

## Fifth Section: Outdoor Activities

### 5.1 Attended Tenshyuk Ceremonies at Bodh Gaya, India.

Tenshuk ceremonies is a long life prayer ceremonies which involves making offering to a teacher and requesting him to remain long life in this world for the benefit of whole sentient beings. From our Khari Nunnery, His Eminence Khari Rinpoche, Geshe Tenzin Dhargyal and 10 nuns attended the Tenshyuk Ceremonies at Bodh Gaya, India.



*Khari Rinpocha and Geshe Tenzin Dhargyal praying in Tenshuk Ceremonies*



*Khari Nuns offering Buddha statue to His Holiness 14th Dalai Lama at Tenshyuk ceremonies.*



*Khari Nuns attending Tenshyuk.*



*Khari Nuns group Photo*

In this way we had a great, meaningful and a successful year but without having love, kindness, and generous supports from each one of you, it would be really impossible. We are always thankful to all the generous supports we have received from each one of you and your organization. We; the family of Khari nunnery wishes each one of you and organizations a very happy and prosperous Tibetan New Year and may this year be fill with lots of inner happiness, success, and the best of wellbeing . We once again express our heartfelt sincere thank you and appreciation for all the kind supports you all have showered on us for many years and appreciate your continued supports.

Thank you all!