

"Building knowledge on a foundation of well-being"

May 2024

SEMKYI RANGDA

Issue 07

སེམ་ཀྱི་རང་དབྱེད་

Tsoknyi Gechak Ling Voices



The Beginning



ACADEMIC YEAR 2023.24/2080 BS IN TGS

Update Notes from May 2023 until May 2024

The monastic and lay teachers started their preparation for the academic year 2023-24/2080 BS with curriculum planning and presentations among their colleagues in the last week of April 2023. They also came up with collaboration projects and field trips to be implemented in the new academic year. The teachers also identified creative pedagogy techniques to help all types of learners during the teaching and learning processes. The students started their academic year with captain elections and deep cleaning of the school building, along with their monastic duties.

Regular classes ran from May 1st, 2023. The number of students increased highly especially in the younger classes, so we had to relocate our grade 1 and 2 classrooms in our former dining hall and furniture workshop. It was challenging in the beginning, but we quickly learned to adapt to the new settings.

We implemented range of teaching learning activities throughout the year with the intention of preparing future Dharma teachers. The first of such activities was the book bus in early June. With an abundance of book choices to read, we also got to participate in workshops on ecosystems and read aloud sessions. Monthly sports and competition days were continued this year with various game choices, such as Kabaddi, treasure hunts, Kho Kho, quiz competitions, debates, etc. We also conducted regular arts and crafts activities, weekly sports time, weekly computer lab time, and weekly library time. Various educational trips were organized to Tiger Lily Petting Farm, Godawari Botanical Garden, National Museums, Namu Buddha, Boudha, Swayambhunath, Dakshinkali, Patan Durbar Square, and the National Zoo. In addition, we also introduced remedial classes for the learners with needs in the senior section.



The TGS Peer Counseling program ran successfully throughout the year. The peer counselors, after receiving monthly guidance from Ankur Counseling and Training Center, conducted support group meetings and orientation sessions independently for their peers. We have expanded it to Shedra from April 2024.

We organized our much-awaited annual exhibition in the presence of H.E. Tsoknyi Rinpoche, Sangyum La, and Semo La on November 9, 2023. With our students' heartwarming performances on a range of topics they learned throughout the year, Rinpoche was deeply touched and congratulated us for doing well.

On teachers' training and development, our vice principal, Ms. Laxmi Maharjan, successfully completed a yearlong primary teacher training program organized by the Rato Bangala Foundation. In addition, teacher-led monthly professional development days, which coincided with students' monthly Big Puja days, continued with various workshops on teaching learning techniques, materials, and educational trips. We also organized peer observation sessions for teachers to learn from each other's classroom practices. Our friends from the TGL Australia team, Ms. Jo, Ms. Jaki, and Ms. Sharon, continued to provide English pronunciation and writing training and STEM science lessons to our teachers on alternative Sundays throughout the year.

Finally, to sum up our joyful academic year, we organized a Gomba and school team picnic outing to Kulekhani on April 27, 2024, and an annual award and graduation ceremony for our 6th batch of grade 8 students in the presence of H.E. Mingyur Rinpoche, and H.E. Tsoknyi Rinpoche on May 30, 2024.



SCHOOL CORNER

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Give Smile Please...

Give smile please
The best gift as ever.



Smile Smile Smile
Smile is the best act of life
living in smile is far better.

Making others smile is incomparable, my dear,
At your ~~best~~ birth, smile was there in others
Enquire the truthfulness of the matter.

Smile is the most valuable, smile please,
my dear.

Giving smile is giving everything, my dear,
smile please, smile is important treasure.

With your smile you can change your enemy
in to a friend,
O! my dear, smile please, with your smile,
you can win the love of others and
touch the truth with others.

The first precious Teacher MOM

Mom you showed me world this
deeps as sea.

You taught me to walk

You taught me to respect the world

You taught me to eat.

Mom, you've given me so much
love, care and support from
your heart and warmth of
your touch.

You're the gift of life and everything to me.

We have a very special bond
which only comes from god.....

As your child, Mom

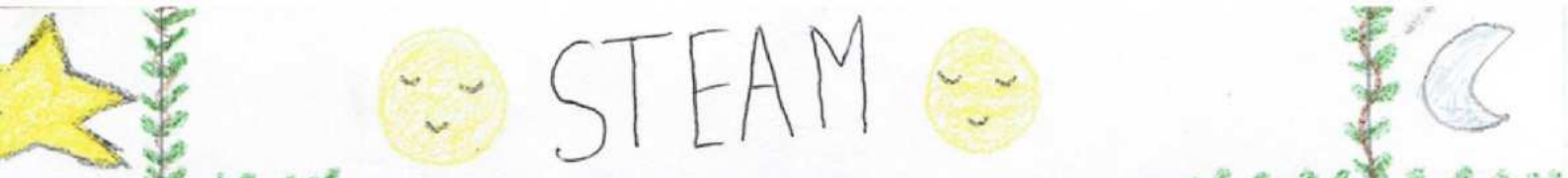
I love you.

For this generation you're my Mom,
so dear

I love you and I miss you
even ~~and~~ more each and every time.

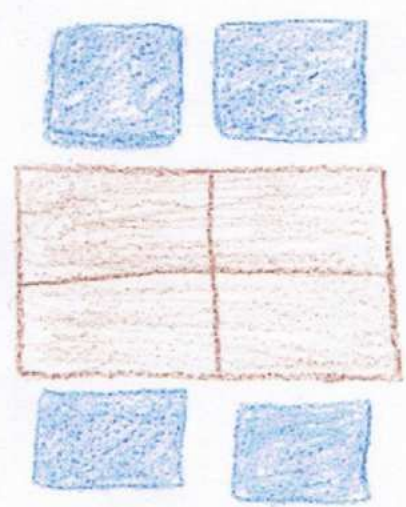
Grade
5

Norbu Wangmo

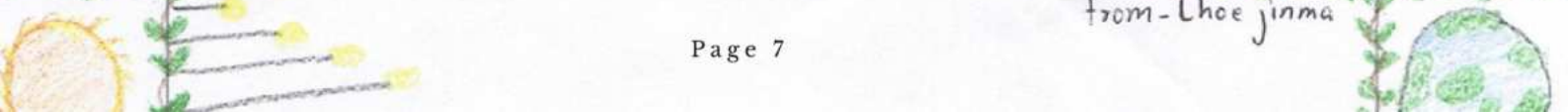


STEAM

We have STEAM class every Wednesday. The full form of STEAM is Science, Technology, Engineer, Art and Mathematic. We make different things on STEAM class. We have lots of fun. We made card clay, swing and many more. We all like STEAM class. We all enjoyed on STEAM class. We all get excited on STEAM class our group. We always comes first on STEAM challenge. On exhibition day we also had STEAM project where participated on STEAM section and i made popical stick harmonica. Have a fun on STEAM.



From - Choe jinma



MY JOURNEY AT "TGS"

When I entered in Tsoknyi Gechak School. I was 9 years old. I and my friend, we were brought here by our uncle. He is a monk. At first we went to the shedras gorth floor. There were khenpo. My uncle and father talking. I was a kid so, I didn't notice or understand what they were talking about.

We came down to school. Every one was looking at us and they were playing basketball. I felt a little bit shy because everyone thought that I was a monk, because I was already in my robe. We were standing outside the office. Miss Pushpa told sipa to talk with us, because we both were sherpa. She asked us our names. After that we became friends.

On the first day during English class, teacher asked me "What is noun?" I was really scared and I saw "noun is naming" on whitboard and other sentence were covered by teacher so, I stayed silent.

After many days we used to play 7 stones on the school ground. There was a group of class playing 7 stones on their own group. We were not

allowed to play with other class groups. We used to write letters for grade 8's students for their final exams. We played a game, sang morning song, watched English movies and learned every subject.

At that time I used to get very angry on simple things. I used to get very angry on simple things, I used to cry alot. I was less confident on my self.

When I was in grade 6, we grade 6, 7, and 8 were had a peer counselling training for 3 days for 3 hours to 5 hours. At first I felt very bored because training was scheduled during holidays but when we were trained, it was so amazing. We acted on what we had felt, when we couldn't say "no" or we were scared, angry. The Psychologists from Ankur Counseling taught us to say "No" if we didn't want to do things. They gave us Note chit to know how we really are and I was "Peace".

We got the news that 15 students were selected for peer counselors and I was one of them. We were trained for twice a month for 3 hours for 2 years. We celebrated and got certificate of peer counselor.

Our principal asked us, whether to stop the peer counselling support group meeting or we would like to continue. We told her to continue to get more awareness. After that we have two meetings every month. One for orientation and other for support group meeting challenges. We receive orientation from the psychologists and we need to give orientation for 15 min.

At first the psychologists choose the name and it was me. We needed to give orientation on "suicide." After that I gave orientation on anger management. We have learned suicide, anger management, sex and sexuality, Self awareness and at last self esteem.

The second last day of our meeting recently, I did orientation on self esteem. I didn't think I've done well but the psychologists appreciated me and I was very happy. The psychologists and my principal asked me to do the same session to grade 6 and 7 students. I said "ok". I taught G6 and G7 about self esteem and how we need to build our self esteem. It was great. I also had my two teacher attending my session.

Being a peer counselor, I accept myself. I get less anger. I have learned to keep confidentiality. I learned how to make my peers comfortable and trust us. Maybe someone has learned from me when I give them new ideas. When someone gets angry or bursts out, I tell them "it's okay to be not okay". When I felt sad, angry, happy, I told myself "it's normal to feel positive or negative." I learned to listen my inner voice not depending on others.



བྱམས་བརྗེའི་སྤྱོད་ཀྱི་ཡ་མེ

ཨ་མ་ཉིད་ཀྱི་བྱམས་བརྗེ་གི།
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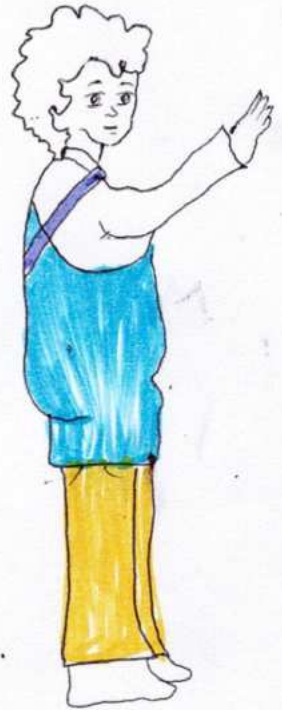


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 དྲོ་ཅན་ཡ་མཚན་གྱི།
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 བ་ལྷུ་ལ་སྤྱོད་པ་ཐོར་སོང།



ଅଢ଼ିବି ମିତ୍ରତା ପରି ସ୍ନାହନାଥା ।
 ବାନ୍ଧିବି ତା ପଦେ କୁଣ୍ଡଳ ମିତ୍ରତା ।
 ଶୁଣିବା ବାନ୍ଧିବି ମାତ୍ରତା ପରି ସନ୍ଧ୍ୟା ।
 ବସା ଧରଣେ ଶୁଣିବି ସ୍ନାହନାଥ ମିତ୍ରତା ।



ଡାକି ମିତ୍ରତା ପରି ସ୍ନାହନାଥା ।
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MY DARK DAYS

When I was five years old me and my younger brother playing on the railing that time said can you go a little bit back then I also went little bit back then I fell off and my mother went for milking and my father went to search yak. My mom came up that time I fell off and my mother started crying and all the people came to my house and my mom said my daughter is fallen down and some people also started then one person carried me to take to hospital and my mom got fainted. One person meet my father and that person said your daughter is fell down from the balcony and my father also cried and my grandpa and grandma came to meet me and grandpa and grandma asked, How you fell down and I told don't cry and me and my brother playing and I fell down. me and my father Mother went to Kathmandu Hospital and I went to BMB Hospital. As days passed by Doctors are nurses became close to me and started

taking good care of me that time I want to eat many junk food but I could not eat and my mother offered me thukpa and I said No, I want to eat pizza and Burgure and my mom said No, you couldn't eat and I said Its ok! and I ate thukpa. I stayed in Hospital for a long duration. I returned home after a long hospital stay. I went back to school. after one year I went to hospital again. Days passed and I had my operation done after two days I went to ICU and before 1 month. I will stay in hospital and I returned home and I went to before I stay. This school and 2 years later I went back to my home and 1 month later I told mom and Dad. I want to go and my mom say no you don't go and I'm cry and my mom said its ok! Then I came to this gumba now I am 12 years old and Its already been one and half years.

BY ⇒ YANGZOM

My DAD My HERO

My dad is the most special person for me in this world. He is my hero. Like me, My dad is also a nature lover, Maybe I've gotten this from him. Because of his love for nature, Our entire terrace has been turned into a garden. I always wish to have my own garden. Where we can see many different flowers.

I don't have enough words to describe his love, care, and affection. He always worries about me. I am very fortunate and grateful to have a dad like him. He is the one whom I have always looked up.



MY School experince in Tsoknyi Gechak School.

Tsoknyi Gechak School was established by great Tsoknyi Rinpoche la. This School is made for nuns. Here we have around 170 students. I am going to share my experince in this School.

I am from Dolpa and my village name is Karang. I came here in 2014 and the road was very bad. How ever It was able to come here with my mom and sister. At first it was very hard for me to be a part with my parents and I cried alot. But Slowly I was able to overcome my sadness and began to get along with everyone. I got to wake lots of friends and even though we are not from one family still we all felt very comfortable with each other and used to play together and it was one of the greatest memories of my childhood.

We study different subjects in our school and everymoth we have sports Competition. I have to participate in sports and games. We play games like "Kabadi", Kho, also have Debate in three languages, Tibetan, Nepali and English and also lots of other games.

By:- Kunkyab Yonang

As I am growing, I put more efforts in my studies. And now I'm in grade '8' and it's my last year in school and I have to give Basic level Exams (BLE) this year so, I am little nervous but I will give my best.

I miss my childhood memories and don't want to leave the school.

I would like to thank our respected Tsoknyi Rinpoche la for giving me this life. And thank you all the Sponsors for helping us; We are not going to forget your precious help. We will make you proud one day and I believe that day will come very soon.

It was a great experience in this school life with smile, tears, obstacle and the best part was to solve those problems....



My mother my life

Mother - A woman who carried her child in her womb for 9 months tolerating the pain and difficult situation she faces during the birth. The mother gives love, care and affection to her baby till her last breath.

My mother is the most precious person in my life. I don't have enough words to describe her love, affection and care. From the day I was born she has always been there for me. She always worries about me. She feels upset while I get sick. She never lets me feel worry and never lets me know that she is going through difficulties. She feels happy when I am in good health. My mother is also nature lover.

Thank you so much my dearest mother for your care, love and affection. I am very fortunate person to have you as my mother. You will always be in my heart. Thank you for your love and care. I will never forget your love, care and affection.

Name = Tsering Kunzom
class = orchid (5)

SHEDRA CORNER

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Brief Information about My GURU

The first Kyabje Drubwang Tsoknyi Rinpoche was born in 1828 an emanation of Milarepa's disciple. He was born in Nangchen, Eastern Tibet in the first half of the nineteenth century and was a contemporary of the three great lamas of the time. He fully mastered the practices of the six Dharmas of Naropa and became the principal guru in those practices for the sixth Kyabje Khamtrul Rinpoche Tenpai Nyima and the famous master Drubwang Shakya Shri. He also practiced the Nyingma tradition of Ratna Lingpa with its special yogas as well as his own Nyingma practices. He established many centres for the practice of the Dharma in Tibet.

The Second Kyabje Drubwang Tsoknyi Rinpoche was born into the family of the king of Nangchen in the first half of the century and received the teachings of Naropa from the seventh Kyabje Khamtrul Rinpoche. He was expert in the six yogas of Naropa and as well as his own Nyingmapa lineages.

The Third Kyabje Drubwang Tsoknyi Rinpoche is an important lama of both the Drukpa and Nyingma lineages. He was born in 1966 in Kathmandu, Nepal to

the family of Kyabje Tulku Urgen Rinpoche, who holds the Tsangsar Family lineages a special family lineages of tantric yogis. He has been trained in that family tradition by his father from and early age.

The present Kyabje Drubwang Tsoknyi Rinpoche was recognized by the Sixteenth Karmapa at the age of eight. When he was thirteen he was brought to Tashi Jong, North India, the seat of the Eighth Kyabje Khamtul Rinpoche. Kyabje Drubwang Tsoknyi Rinpoche's principal teachers have been the Eight Kyabje Khamtul Rinpoche, the late Kyabje Dilgo Khyentse Rinpoche, the Eighth Kyabje Trulshik Adev Rinpoche. He completed his formal studies and returned from India to Nepal in 1990.

He is the spiritual leader of the largest nunnery in Tibet - Gechak Nunnery located in Kham, Eastern Tibet. and the abbot of Chumig Gyatso Abhey, a Nunnery at Muktinath in Western Nepal and Tsoknyi Gechak Ling Nunnery. He is widely recognized as a brilliant meditation teacher.

Someone's story...

It's a very sad and heart touching story that may shed you tear. So it's a story of a 15 years poor girl whose life has been totally blur and hellish. There ~~are~~ was no one whom she can call her own. Her every happy days are gone and now she is left in despair. She don't know how to face the world by alone. She was totally lost in the world of disbelief and confusion. Can a 15 years poor girl survive alone in this big world? So the story of the broken poor girl starts in her flashback...

There is a small village where the story is unfolded. The girl's name Anna. She lived with her father and step mother. Now she is just a early 14 years old. Her mother was passed away when she was 5 years old. And then after 1 year later her father married a woman only for his daughter. He want his daughter to be happy and never feel the lack of mother's love. Since her father was dumb, he was kinda complex in making living so he married a woman who was wealthy enough. Anna was happy that she got new mom but that happy doesn't last long. So she call her aunty. One day her father request aunty to send his daughter to school but instead of labouring all the day. She refused to send her in school because she don't want to waste her money on her. And soon he realize that wealthy people can't be wealthy from heart. Anna he and her father works all the day in fields and do all the household works. But neither of them get good

enough food. father want to raise his voice for her daughter but he never because he want to have a home. He's afraid of being homeless so he don't say anything to aunty. The days passed, month passed, and year passed but still they are working for that aunt. Day and night they work hard for aunt but aunt never feed them. Sometime they sleep empty stomach. So at night when the aunt is sleeping, he steal bread from the kitchen and feed his daughter even though he's straving too. One day while they are working on the field, Anna promised her father that one day she'll buy a house and cooked his favourite meal. The father smile and kiss on her cheek. It was in the hot summer but they keep working because aunty never let them to rest. Sometime she feels sad seeing her all friends going to school. So her father teached her basic alphabet by writting on her hand. When father was teaching her daughter, the aunt's saw them and punished them to stay outside of the house. He appoligized her and request her daughter to sleep inside but aunt denied it. knowing nothing could be done, They slept in the field. Anna was scared and holding his father hand. The father was sleeping deeply maybe he was feeling dead tired. Meanwhile her eyes stuck on something. It was a green, long snake coming toward her. she shoot and wake up her father. father try to save her daughter and eventually snake attack on him. Before his last breath, she begg for help and knock her aunty door but she didn't open the door. His skin turns to green and sore. The she was crying helplessly and assuring his father that "everythings gonna be okay". But her father passed away after a while. A week passed away, she still can't belief that her father is no more. Now there was no one whom she can called them her own.

now her aunty is torturing her even more so she ran away from the village. Everyday she keeps going, she don't know where she is going. For the first time in her life she was feeling truly happy and free. She don't know where she is going and where is her destination. She only knows that she'll keep going on, no matter how hard the road was. Her entire journey was hard but her story has more to her. Somehow, she reach in a village called Manang. The people over there are quite good and kind. It has been a week since she came in that village. One day while she was grazing goats of other to make living. She saw a buddhist monk in a cafe. And there she tell her all story and the monk decided to help this girl so, the monk brought that girl to a nunnery. Tsoknyi Gechak Ling Nunnery where 300 of nun. Study both modern knowledge and buddhist philosophy. Now she is nun and studying in school. Now she is having best life in the Universe because she got a Best Guru Tsoknyi Rinpoche La. There are hundreds of sto nun who have different story. They come here and get new life here. They forget the past, They got new window to see the ~~wool~~ world again. Now Tsoknyi nun are become a family of love where anyone can share both tears and cheers.

"Compassion is not just a feeling
It's an action."

By = Tsoknyi Rinpoche La.

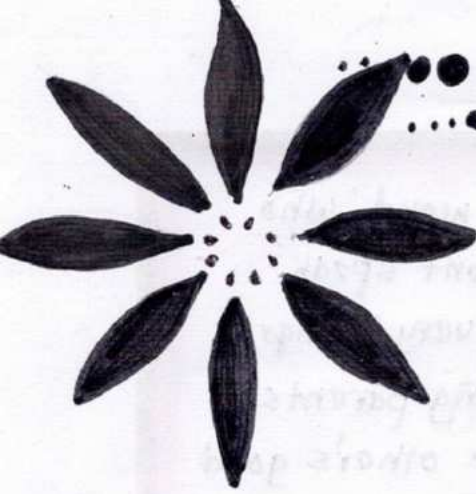
जिव्यगीलाई करले हैन
रहरले जिउनु पर्छ । १
मृत्यु पस्तो विष हो हैर
जुन सबैले पिउने पर्छ ।

सबैलाई डर लाग्छ होला
आफू मर्नु पर्दा, १
मृत्युले माया देखेउंदैन हैर
दुरले आँसु काँदा ।

कालाई चाँही मन दुल्हरे
सधैं सधैं संसार छोड्ने, १
संगीहरुको साथ छोडी
मृत्युसँग नाता जोड्ने ।

हाम्रो केही साहस छैन
मृत्यु लिन आउँदा, १
तप्प रिपैर लाग्छ उसले
मान्छेलाई खाँदा लाग्छ ।

जति महान भएपनि
स्कयिन त जो नि मर्नुपर्छ, १
मृत्यु पस्तो विष हो हैर
जुन सबैले खानु पर्छ ।

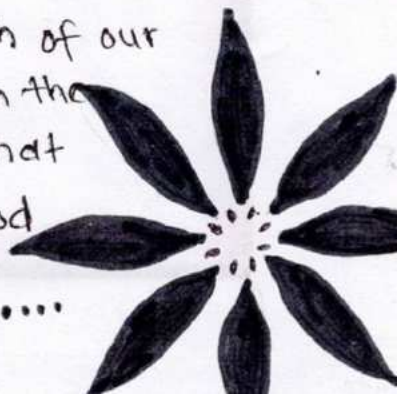


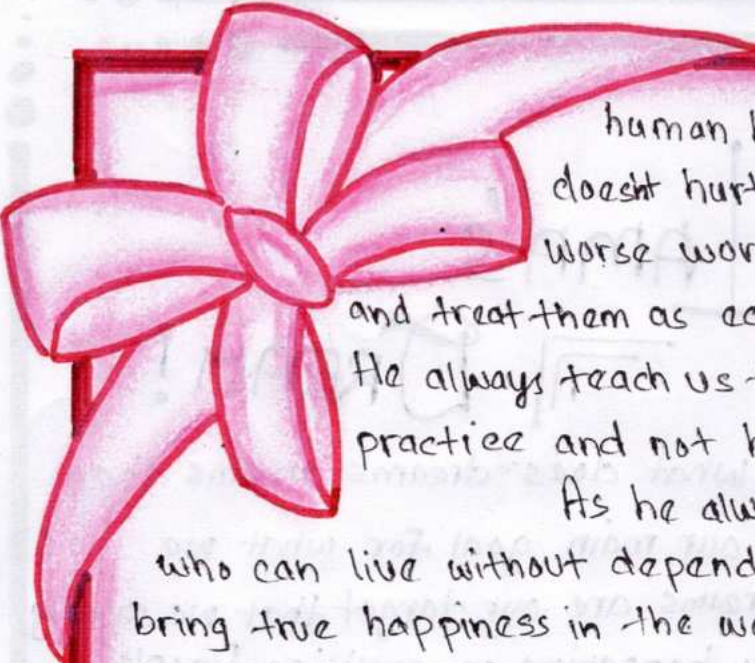
LAMA'S DREAM!

If I explain, what does dreams means then I could say like it's our main goal for what we work very hard. Dreams are our target that we surely want to see by happening in realities. People work very hard day to day, second to second to reach their goal as to get success and here I'm going to write some words about my root master's dream.

Our root master 'Tsokingi Rinpoche' was born in himalayan region of country called Nepal. He was grown up in possitive environment of love, compassion, empathy and all from since childhood and he's been inspired by great lamas and enlightened. so, he's always think of other's benefit and welfare. As everybody could have dreams and goal, our Tsokingi Rinpoche ~~la~~ have a unique and beautiful dream which inspire all of us to work hard to get there.

So, now I'm going to tell you the goal of my root master's and his goal is to see his all students (disciples) become a satisfied inside, very healthy mentally and physically as well as he wants us to become a Mini Dalai lama, who work for others betterment, who tries to bring peace in the world and do not do any kinds of violences. He really ^{want} us to become very clear and kind from the depth of our heart. As H.H The Dalai lama is the best person in the world, our lama want us to follow the good deeds that he have done. He always want us to become a good






human being in the world who doesn't hurt others, who doesn't speak worse words, who loves every being and treats them as equal to our loving parents. He always teaches us to appreciate others' good practices and not harm others.

As he always wants us to be those who can live without depending on others and who bring true happiness in the world. He'd worked very hard for us. He's always wanted girls to move on without regret and don't get stuck in the past as girls are often left behind even in the 21st century. To be honest, he's been doing a lot to fulfill this wish as he'd made the best opportunities to learn, to practice and to express, which helps us to get to our dream. He'd made the best facilities to become the real human beings. So, all these things make sure that we've got a perfect mind set that girls are nothing less than boys and they can do anything. And he specially works very hard for us, gives us the best education and he thinks that everybody should have the same right.

Eventually, I want my all dear sisters to work hard to get to our lama's dream as our dream.



NAMPROL
GURUNG

गरिब

साउको रिण स्वारर आज सम्म बेंची राहु,
पिर वेधा कति धेरै तर पनि हँसी राहु ।
एक सुको आभिन ह के यँ शैलु मैले,
श्वान लाउन धौ-धौ पर्छ खोले खण्डु जैले ।

एक सुको पैसा दैन म गरिबको हातमा,
के खाई पालु मैले दुईटा बच्चा काका ।
बच्चा भन्दछ, "बाबा आज भिँडा श्वाना श्वानि
मनमा हुङ्गा खण्डै भन्दछ अर्को दिन ल नाजि ।

रिण लेका विदेश जान श्वाघो पापी चोरले .
साउलाई भनै पाछि तिर्छु मधुरा श्वारले ।
सपना कति धेरै गिए भए सबै अथुरानै
मछु तर धन दैन भए बच्चा दुदुरा भनै ।

कैही पनि काम पाइन कसो गर्ने मैले
नाबालक छन बच्चा मेरो के खाई पालु मैले ।
जिउनुको अर्थ देखिएन हेरेस खाए मैले
लेउको वृक्ष जस्तै भयो जिवन मुझा पर्छु जैले ।

आफ्ना बाता आफै खोजेन काश्तिस गर, सँधै अरुले श्वानका बातामा
दिइल श्वाभ्यो भने रकचिन तिमी खाउने हो ।

live a life with no regret



You are doing best and you don't need to complain more about what you can't do, talk about what you can do...

Say beautiful words to yourself and to other, beautiful words doesn't take prizes.

laugh more, smile little wide, forward your hands to help, beautiful action doesn't steal your inner qualities.

Don't get concern about not being able to donate bundles of money to needy one but appreciate other who are able to do.

Say sorry to calm the opposite person, sorry word can't always prove that you are wrong.

Don't get feel so down for not being able to understand other's feelings, you can always try to become a good listener and light their heat because not everybody share things for suggestion somebody want someone who listen carefully..

I can't say don't cry while you are in trouble instead cry whenever you want to. You can surely ^{find} million ways to control yourself as well as tears can't always effect negatively.

Don't get upset by thinking that there's nobody to enjoy your success, nobody to say you did well but you can celebrate your moments cause alone doesn't mean always lonely.

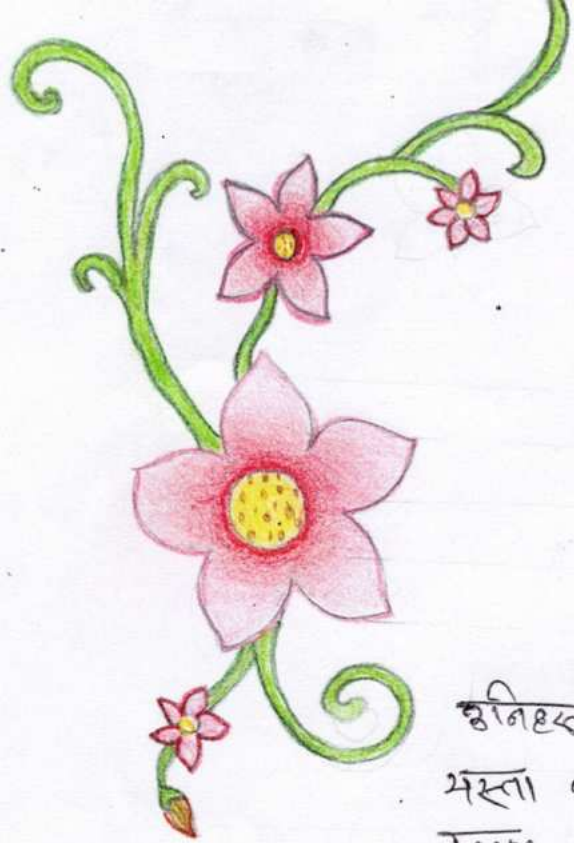
Don't be hopeless about having worse today, wait for your better tomorrow, say i'm continuously trying to get there because loosing doesn't mean always your defect.

So, affirm yourself that you are nothing less than anything. you are able for everything.

सौचार्य अथवा विचार

सौचार्य र विचार पनि धेरै धेरैका हुन्छन् । जस्तै
 सकारत्मक विचार नकारत्मक विचार र अरुको
 विगत हुने विचार तीमध्ये आज म आफ्नो दुई
 राख्न गईरहेको छु । आशा छ हजुरहरूले पनि यस्ता
 विचारको उपयोग गर्नुहुनेछ ।

सकारत्मक सौच यस्तो सौच हो जसलाई सबैले महान
 सौचार्यको रूपमा स्वीकार गर्दछौं ; जसलाई धर्मोपनिषद्
 जस्तोको सौच पनि भन्दछौं । सकारत्मक विचारले धर्मको
 मूल भाग हो । जसलाई महान शोच र दुइको कवर गरी
 महान तुल्याउनु भस्का हुन । यदि कस्तो विचारलाई
 शोचिनिष्ठ वा सकारत्मक सौच भनिन्छ भनें भने यो यस्तो
 सौच हो जो धर्मा अरुका सम्पूर्ण जीवजन्तु, चरा चुरूङ्गी
 छिरा फलज्जा दीरवीलाई पशु मनुष्य र स्वागीबासीहरू
 पनि हाम्रा पूर्व पिता माता पिता भैसकेको हुन र यसै
 कारण हरेक प्राणीलाई उठे नजरले हेनु समान रूपमा व्यवहार
 गर्नु भाइ र सम्मान गर्नु नै राम्रो र कुशल विचार हुन ।
 आज यी सबै आफ्नो माता पिता नभए पनि कुनै दिन आफ्नो
 माता वा पिता हुदा आफ्ना माता पिताले के दाख कबल
 गरी मिठा खान र राम्रो लुगा हामीलाई पम्के दिइको हुन र
 हामी नाङ्गो शरीरमा लुगा हामीलाई पम्के दिइका हुन र
 हामी नाङ्गो शरीर धर्मा आउवा पील्को पल्ल खुवाउने
 र नाङ्गो शरीरलाई ढाकेर मासले खाएर खुसाउ गरी पाल्ने
 वा माता पितालाई उठे नजरले हेनु नै उत्तम विचार हुन ।
 हामी नाग अतिगती काम गर्ने ती माता पितालाई मान
 मल लोको पिण्डमा हुनुलाई देखाउने गर्दछौं ।



द्विदृष्टको चाहना भ्रम खुसी र खुश्व अपरपिन
भस्ता भव्य र कुरोडाँ खुसीले मूल चाहौ नहुनुको
कारण आज लाखौ कुरोडाँ चोटी एक भाँचि अर्को
अकुशल कार्य गरि मूजु बेरे दुखका कारण ठुलो
रहेका हुन् । त्यस कारण मुलुकमा रहेको धेरै
प्राणीलाई दामा, माया, कुराणाका साथ व्यवहार गर्नु
पर्छ । र सबै कुशल विचार लिनुपर्छ । सबै आफ्नो
दुःख पीडाबाट मुक्त भई बेबीचल प्राप्त गरी
हुइ जस्तै होस भन्ने उत्तम विचार लिनुमा सकारात्मक
विचार हो त्यसैले अस्तौ विचार र भावन लिई
दामी सबैले राम्रो व्यवहार गर्नुपर्छ र यो
संस्कारिक पिडा र दुखकाट मुक्ता हुनुपर्छ यो
दामो पहिलो दाइव हुन् ।




Tathagatagarbha

x Buddha Mind x

Tathagatagarbha refers to the ever present clear and luminous wisdom that is inherently pure, free from any concepts, partiality and has no defilements which has never fallen and will never fall into delusion - in other words, it is the buddha nature or the seed of enlightenment.

All beings who are as many as the sky is vast, male or female, wealthy or poor, no matter who they are have tathagatagarbha, the potential for enlightenment within themselves. In the Sutra, it is said, "All beings have buddha nature." So, each one of us can attain the everlasting joy of buddhahood. It is the universal truth. There is nothing in the whole of samsara and nirvana, from sentient beings to buddhas that it does not embrace. From the time without beginning, it is within us, inborn. We have never been beyond this natural state.

But in the Tantra, it is said, "All beings are buddha." We all are buddha, you are a buddha, I'm a buddha even the tiny bacterias and viruses are buddha too. Yes, we can say that corona virus is also a buddha.



Here, a doubt may arise, how is it possible because corona virus badly harmed countless people all over the world. But a buddha would never do that as buddha always benefit others. So, let me clear it.

There are two types of buddhas:

natural buddha and enlightened or perfect buddha. When we say, we all are buddha, it refers to the natural buddha. We all are natural buddha, buddha from the nature. But we ordinary beings fail to realize it. As a result, we wander in samsara and harm each other like us and the corona virus. Although it genuinely realized by the perfect one like Shakyamuni buddha. So, why are we unable to realize it?


All beings the people get happy when they heard the 1st phrase in the tantra, "All beings are buddha" and when they heard the 2nd phrase "But it's obscured by the temporary obscurations", they become sad. We don't need to be sad, as obscurations are the reason that we're unable to realize ^{but} and fortunately, they are temporary. It's just like the clouds covering the sun, the winds can blow it away and the shining sun inside us can shine. Thus, it's not unrealize for ever.

Buddha has said, "I shall teach you the way to liberation. The teachings of Dharma show the way to liberation". And we have already entered the right path, practising dharma. Just think about some perfect ones like Shakyamuni ^{who get buddhahood} buddha through the same path of buddhism in this age of ours. And how can we forget Milarepa, who achieved it in only one live. If they can do it then it must be possible.

We must not forget nothing is impossible because impossible itself says I'm possible.

It is hard but if we practise the dharma accordingly we'll definitely realize the nature of our own mind.

It requires a little time and faith.



Sharchen Minub

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