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Jangchub Choeling Nunnery



Report

January

A month of awakening to new year

January 31st ,2022

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Prepared for

All supporters of
Jangchub choeling
nunnery

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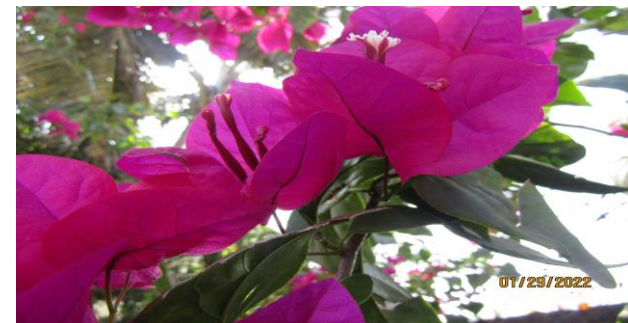
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Summary

Jangchub choeling nuns had an amazing January. We had intensive dharma debating, learnings and growth.

January was a month of new beginning and a month to awakening of 2022. Setting our intentions right, we set our spiritual journey keeping our supporters and all sentient beings in our prayers.

We had month of usual spiritual learnings. Debates, rituals, prayers, cleaning, and living for the moment.



INTRODUCTION

We are happy to begin a new month with new perspective and days are better when there are hopes and right intentions set for the year. Taking ownership of new beginning and acceptance of changes.

There are more new nuns joining Jangchub choeling nunnery to study Buddhist nalanda tradition.

BODY

A. Winter Debate

The annual Gelugpa's winter Debate-session "Gunchoe Chenmo" started on 4th January, 2022 in the Jangchub Choeling Nunnery. Usually, winter debate is held at various nunneries as well as at the Bodhgaya. But, the covid insurgence has led this year to stay everyone inside for the slow spread of covid and safety.

Jangchub choeling nuns in the presence of nunnery Abbot, Disciplinarian and teachers held first "Tsemai Damcha" on the evening of 15th of lunar calendar at nunnery new debate courtyard and held second Tsemai Damcha on the 24th of January, 2022 joined by settlement chief representative and his mother.

Buddhist dialectic debate is also called analytical meditation. Nuns and monks gather around in the debating courtyard to debate in depth of Buddhist philosophy concept to the core. Nuns of Jangchub Choeling nunnery debate on Buddhist text "**NAMDEL**" (Sanskrit. Pramanavartika.) The debating starts from 9:00 in the morning to 11:00 am and continued from 7:00 pm to 10:00 pm in the evening for twenty days.



B. Anemia screening and treatment

RDTs with collaboration of Ganden Jangtse Hospital started anemia screening of nuns on 7th and 8th January. Earlier in 2021, some nuns of Jangchub choeling nunnery showed severe cases of anemia as the treatment was followed by medication as well as improvement in the nutrition intake.

The result of the anemia screening this year still shows around 38 nuns with low blood count and in need of treatment. Nuns are given treatment of livogen tablets and continued for four months started from the end of January.



C. Prayers and rituals

1. **Dasol or monthly rituals** is held on every once in a month in the jangchub choeling nunnery as every class gather in temple together to pray and perform rituals .The term kangsol means “fulfillment of offering, usually to a Dharma protector, including protective Deities.



2. Dolchok or Tara puja

The Tara means ‘Rescuer’. The Tara is female Buddha, manifestation of the ultimate wisdom of all the Buddhas. The Tara puja, liberation from sorrow includes a special prayers praises to twenty one Taras. These praises are powerful as the sutra itself is composed by Lord Buddha himself. Tara rescues us from the dangers of rebirth in the three lower realms and dangers of samsara. Tara also saves us from fears of outer and inner. Tara Puja is performed at jangchub choeling nunnery regularly.



3. Prayers at cemetery during funeral.

As the life it is a transitory and all beings impermanent, jangchub choeling nuns give back to society when requested to perform and dedicate prayers for dead at cemetery and in the temple as well. Buddhist believe that there are merits praying for dead at the cemetery. As merit is to purify the sins of the dead and to help them gain the right motive to repent. They had no chance to do so when they themselves were on earth and when the appointed time came they had no opportunity, so we

have to help them repent. We must ask Buddha on their behalf to help them for they have none to aid them. . Also it helps the deceased into the realms of Bardo. To reincarnation and good rebirth.

As for the family members and those attending funeral, this give us realization of truth of impermanence and to have constant awareness of impermanence.



CONCLUSION

In conclusion, Jangchub Choeling nuns are all grateful to carry out our usual spiritual journey without any obstacles and troubles through the help of all dharma friends, nunnery supporters and sponsors.

We keep each one of you in our daily prayers and monlam. May you all have an amazing days to come and may you have a flourishing year ahead.

