

*"Building knowledge on a foundation of well-being"*

June 2026

**SEMKYI RANGDA**

Issue 09

སེམ་ཀྱི་རང་དྲུག་

*Tsoknyi Gechak Ling Voices*



The Beginning

# TGS IN YEAR 2025.26

## A QUICK LOOK

### NUMBERS

- Number of students graduated to Shedra in April 2026: **6**
- Total Number of students in Tsoknyi Gechak Ling Institute (Shedra): **55**
- Total number of students in Tsoknyi Gargon Ling Institute Shedra: **9**
- Total number of students in TGS & Gargon KG as of June 12, 2026: **222**
- Total number of teaching and non teaching staff: **33**

### ANNUAL EXHIBITION

Nov, 2025: Kyabje Tsoknyi Rinpoche visited each classroom station and encouraged students. We welcomed a lot of visitors as well.

### IN HOUSE TEACHER TRAINING

We use a peer learning module for our internal training. The training addressed a wide range of significant handson topics over the course of a year.

### STUDENTS' WELL-BEING

2025 was the final year for our peer counseling pogram. After 5 years, we made the decision to phase out the program. From this year, we have started organizing group counseling sessions targeting early teens.

### TEACHER STUDENT MEETINGS

In addition to our 2 report card days, we have one-on-one teacher-student meeting twice a year. Our goal is to support one another in both teaching and learning.

### MONTHLY SPORTS SERIES

Successfully ran throughout the year with games and activities like quiz, debate, relay races, tag games, among others.



### THANK YOU

For your generosity and kindness towards the Tsoknyi Nuns. With Rinpoche's compassionate leadership, we are growing each year. With 222 young nuns in the center of our heart, we began the new academic session on April 27, 2026.

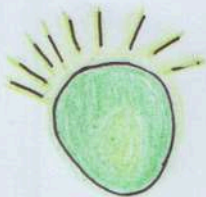
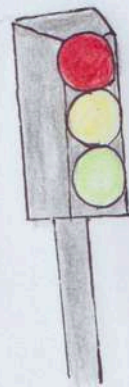
With open hearts, the teachers entered their classrooms with a variety of teaching learning resources after nicely planning their curriculum for the entire year and sharing it with one another. We have added an additional learning space this year for students who struggle with academic learning. Additionally, as the early teenaged nuns become ready to take on slightly more responsibility in the school and the nunnery, we are holding group counseling sessions for them.

Now let's enjoy reading a few of the poems & articles that our nuns have written. You might discover an unexpected joy on the final page, so please don't forget to scroll through it.



In a world full of Buddhas and full of happiness, we still suffer, we are still lost and we are all stuck. Stuck in the traffic of defilements. It is the **red** light that stops us from moving forwards; it is the **red** light prevents us from reaching our home.

Our home, where we find peace, comfort and where we can truly be ourselves. Our home is waiting for us to return, to come back after a long, tiring day, yet it is the **red** light that keep us bound.



Eventually, the **green** light will turn on and you and I will find our way back home. All we need is to recognize the way back to our home and the **green** light that frees us from the traffic of defilements.

And we will reach home - a home that is pure and perfect, beyond everything and yet nothing, a home that has always been there as it is; never lost, only obscured, waiting for us to **return Back** once again....



- Yingchuk palmo

My most precious Guru (KYABJHE DRUBWANG TSOKNYI RINPOCHE LA),

With deepest respect and gratitude, I offer these words from my heart.

Thank you for everything you have done for me. You have been my teacher, my guide, my spiritual father, and my greatest inspiration. The wisdom, kindness, and compassion you have shown have transformed my life in ways that words can never fully express.

Among the many blessings I have received from you, your smile is one that I will never forget. Your smile carries warmth, peace, and unconditional love. It is the most beautiful and inspiration one, I have ever seen, and it has changed my heart more than you may ever know.

Whenever I face difficulties, I remember your teachings. Whenever I feel lost, I remember your example. Through your guidance, I learned to be a better person and to walk the path with greater confidence and devotion.

I can never fully repay your kindness, but I promise to do my best to practice your teachings and live a life that honors the precious blessings I have received from you.

Thank you for your compassion, your patience, your wisdom and your boundless love. Please continue to guide me as same as all beings on the path, always and always. With profound gratitude, devotion and respect, thank you.

Your grateful student: Ngakyi Chuzin.

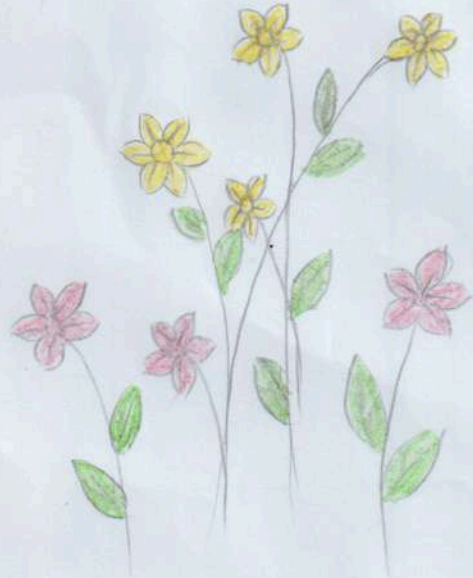
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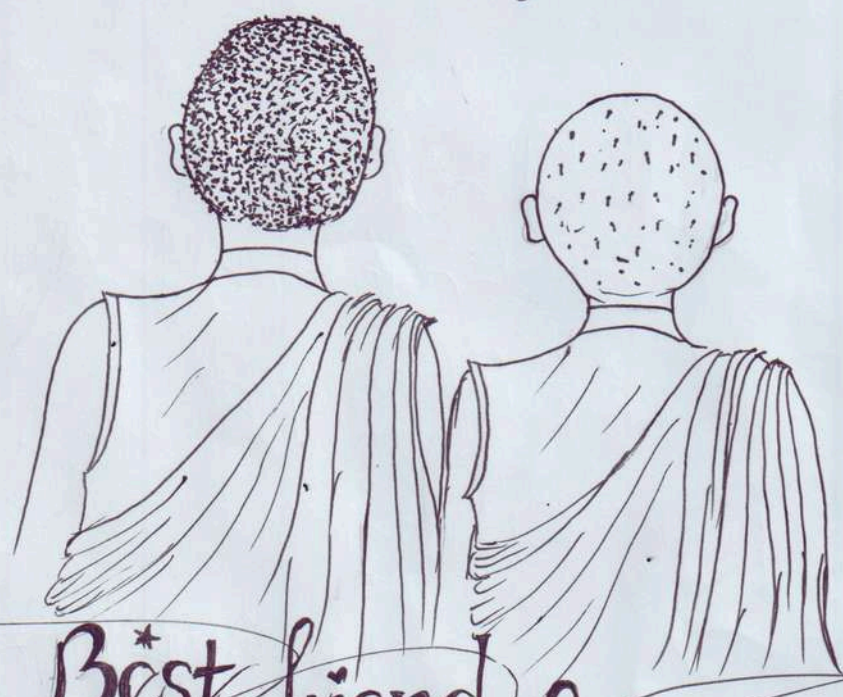
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- ཀུན་གྱི་ཕྱི་རོལ་ལོ་རྒྱུ་།  
 By: Lunken Hosens



\* Best friend forever \*

I've sent you love in air.

I've sent you much love in the air.  
wake up earlier and take breath in it.  
accept it with glad and repeat "I deserve  
the love in the air".  
cause I sent it to you with so much  
care and warmth.

Accept it not only because I sent  
it to you but because you deserve love  
everywhere.

Everywhere you stand,  
everywhere you stay  
and everywhere where you search.

I've sent you happiness in the cloud.  
Notice it with hope and remember that you are  
not alone. you can repeat "I'm born to be  
happy" because I sent it to you within  
my happiness, hope, aspiration without expectation.

Assume it not only because it's sent  
by me because you deserve it  
everytime.

Everytime when you feel dull and down,  
everytime when you think you are done  
and everytime when things make you feel like doom.

I've sent you peace in the rain.  
Embrace it even if it rains with storm  
hailstone and sun.  
Never forget that day comes after the night.  
Say it to yourself that you deserve  
peaceful living because I've sent you  
knots of peace with love, care and kindness.

Accept it not only because I said  
"I sent it to you" because you deserve it forever.  
Forever when you are frustrated,  
forever when you are in fear  
and forever and ever when you think things are false.

I sent it all to you without regret  
without stinginess and with no thought of  
Sending it to you.  
because you deserve to be happy to be  
loved  
and to stay peacefully forever as  
everytime  
everywhere.

love: Kangjung Thamo  
Shedra.

Kirtipur-6, Chobhar  
Kathmandu  
2025/02/26

My letter to my family if you remember.

My dear family,

At afternoon, I remember those days when you had grandpa making for me a precious dumpling and teaching me how to make it. And like a always I was rejecting the process, how to make it. I know I'm not a perfect person to shatter the glass ceiling and break it, like a Malla did. However, I had tried once a time. I know, I'm not a perfect, to judge you not even you with yourself, not we and not even them. But did you remember, did you remember the day when you had tried to write a small letters of tibetan and I was giggling to your letters. But I promised, but I promised you grandpa I had never thought your progress and that you had sacrifice for your parent and took a risked at a early age. Your majesty, I know I haven't allow to use such a gigantic word. But as far as I'm concerned, that you are the king of our family. And you taught us the value of love, believe in ourself and love ourself. I think, which is not even easy for someone that people are nowadays

facing that depress, anxiety which is stopped by procrastination and fear, and tried to jump into the molds that other people made. And forgetting ourselves who we are? And where we are from? Like the leader of BTS member of RM said, "I, we, all lost our name. And hard to get ourselves and our values and our sensory." Grandpa! I will cross my heart I will be try to become a person that don't rest on their laurels. Granma did you remember, when I had left my hometown for the first time and you taught me the value of radical optimism, salvation and saint. Did you remember I had sass you preceding. Because I'm perplexed what you are talking about. And sometime you become cryptic. And I was below the belt with such a disrespectfully to you. Now, I realized I'm such a baddie. That may god will not pardon me but please you will be? Father I had heard that the love and kindness of your is someone getting a best wishes. That every child want in his/her life. Did you remember when I had hold your hand and visit the town. And I was like zealous and asking you zillions of question: I wish I could turn the clock back not for a change but to feel it. Mother I have heard that giving birth is as painful as

breaking 21 bones all at once. You have suffered this pain. You had sacrifice for us and taught the value of hard work, strong women and for to become a perfection of perfection. Sisters and brother you all had taught me the value of team work and believe in myself when I was falling hundred times. I know, I can't go back and turn all those things well. But I will try to become a best version of me.

If you all remember, if you all remember the day when I told you all, I wish I could turn the clock back not for a change but to feel it.

Yours sincerely,  
Khacho Wangmo.

# Flower...

Flower is a substance which seems normal but has lots of role in human life and animals too.

It can make someone's day.  
It can join two people in one bond.  
It can change someone's life...

Flower is the only thing from where insect can feed their stomach without it, they can't live...

When your loved one is angry, then when you give them a flower then she/he will be happy...

In weddings also, that flower bind two people in one bond for life time...

On dead of people also it symbolize good bye for that dead person...

By:-  
M:- Kunkyab Honang

Dear all,

Warm greetings from Tsoknyi Gechak Ling!



I'm Choying Kunkhyab, and I'm twenty-four years old. I am studying in Tsoknyi Gechak Ling Institute (Shedra)'s Pramana class. My family is from Melamchi, Sindhupalchowk. Although I was raised in a Hindu household, I am a Buddhist nun. Becoming who I am now was difficult, but I'm very happy to be here.

Our family held a puja ritual at home during the Dashain holiday when I was around 7 or 8 years old. Due to my age, my family did not want me to take part in the puja, but I insisted. I was then led into the puja by my mother. I fell asleep because the puja was taking place at night. I heard a baby goat making an odd sound when I woke up. I witnessed the sacrifice of my baby friend in the name of religion. It hurt me deeply. I begged them not to kill it while crying, but no one paid attention. Rather, they tried to comfort me.

When I went to check its pen afterwards, I saw its mother crying. I had a feeling that the mother knows everything. I thought that day that all people are so cruel that they kill others for their own benefit. However, I was unable to stop it from happening.

Time passed quickly. As I grew older, I also realized that animal sacrifice was part of our custom. However, I was completely unable to relate to it. Thinking about it used to give me headaches. Additionally, I used to be disappointed by caste-based inequality, such as the fact that only Brahmins could read the Vedas and that lower caste people were not permitted to enter the houses of upper caste people.

About 8 years ago, my mother got an invitation to a program to send me to take part in Lingdro Dechen Rolmo, a sacred Tibetan Buddhist ritual dance. I felt like going. We learned the ritual dance from Tibetan lamas, and I felt like the lama was a true Buddha when I was performing in front of him. It was an odd feeling that was also quite joyful. Five days later, the ritual dance was finished, and a high lama gave each of us a khata as a gesture of thanks. I do not know the lama's name, but I cried when I saw him. I felt like I was meeting someone I know for a long time. It was a feeling that was hard to describe.

Additionally, the lama taught us about impermanence. I knew half of it, but the most important thing I realized was that this was the path of my life. That day, I told my mother that I had decided to become a Buddhist nun. Her 17-year-old daughter's desire to live a monastic life made her very sad. However, I persisted, and after some family debate, I was brought here in Tsoknyi Gechak Ling.

Being one of the Tsoknyi nuns, having Tsoknyi Rinpoche as our guiding light, having plenty of friends and sisters, and having parents like teachers are all things I consider to be quite blessed. It could have been my karma. In roughly about five years, I will complete my Shedra studies. After that, I want to do my retreat and serve the Buddha Dharma and help people. I also would like to help minimize the killing of animals.

Thank you for reading my story. Bhavatu Sarva Mangalam.



# THANK YOU!



## **Tsoknyi Gechak School**

Tsoknyi Gechak Ling

Chobhar, Kathmandu

[www.tsoknyigechakschool.org](http://www.tsoknyigechakschool.org)

[info@tsoknyigechakschool.org](mailto:info@tsoknyigechakschool.org)

[www.facebook.com/tsoknyigechakschool](https://www.facebook.com/tsoknyigechakschool)

Instagram: [tsoknyigechakschool](https://www.instagram.com/tsoknyigechakschool)

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