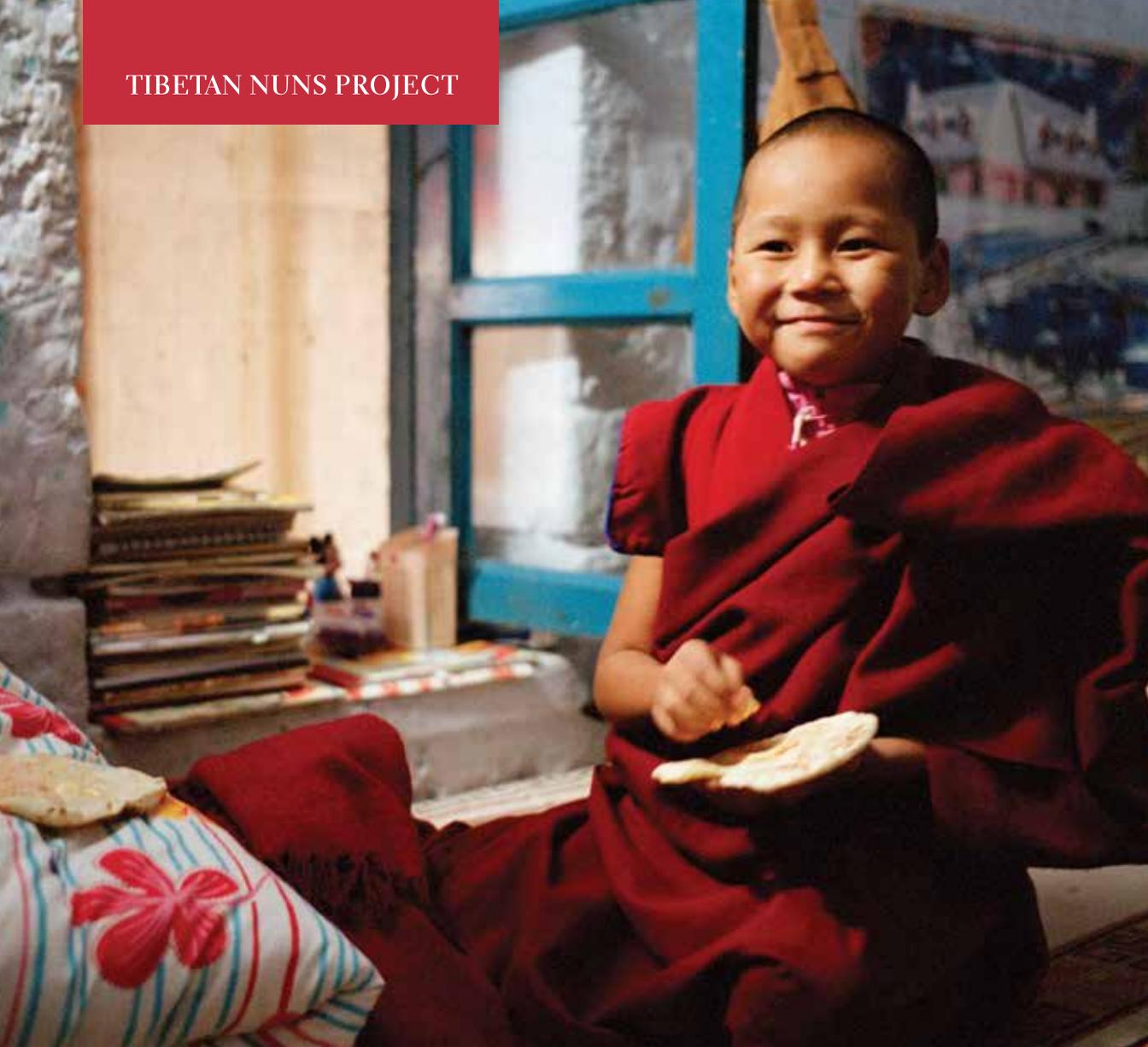


TIBETAN NUNS PROJECT



LEGACIES OF COMPASSION

EDUCATE
NOURISH
EMPOWER
GROW



THANK YOU

Thank you for your kindness and compassion in considering leaving a legacy gift to the Tibetan Nuns Project.

This booklet will tell you about our mission and how much the Tibetan Nuns Project has accomplished, thanks to donors like you. It tells the story of one of the over 700 nuns that have been helped through generosity like yours. We hope this guide will inspire you and help you with one of the most important opportunities each of us possesses - the chance to leave our mark on the world.

In 1987, the Tibetan Nuns Project was established to provide education and humanitarian aid to refugee nuns from Tibet and Himalayan regions of India. Please join us in:

- Improving nutrition, sanitation, medical care, and education in Tibetan nunneries
- Building self-sufficiency through educational and training opportunities
- Training nuns to take leadership and service roles within their communities
- Improving the level and status of ordained Buddhist women
- Assisting recently arrived refugee nuns from Tibet
- Continuing to establish further facilities for Buddhist nuns

SEEKING REFUGE



ONE NUN'S STORY

"In 1989, I took part in a protest march against the Chinese occupation of my motherland. I was caught and they took us straight to Gutsa Prison. They tied my hands at the back of my neck with a chain. While in this position they kicked, boxed and slapped me constantly. I stayed in isolation for 18 days and was constantly interrogated and beaten. I stayed in Gutsa Prison for 2 1/2 years.

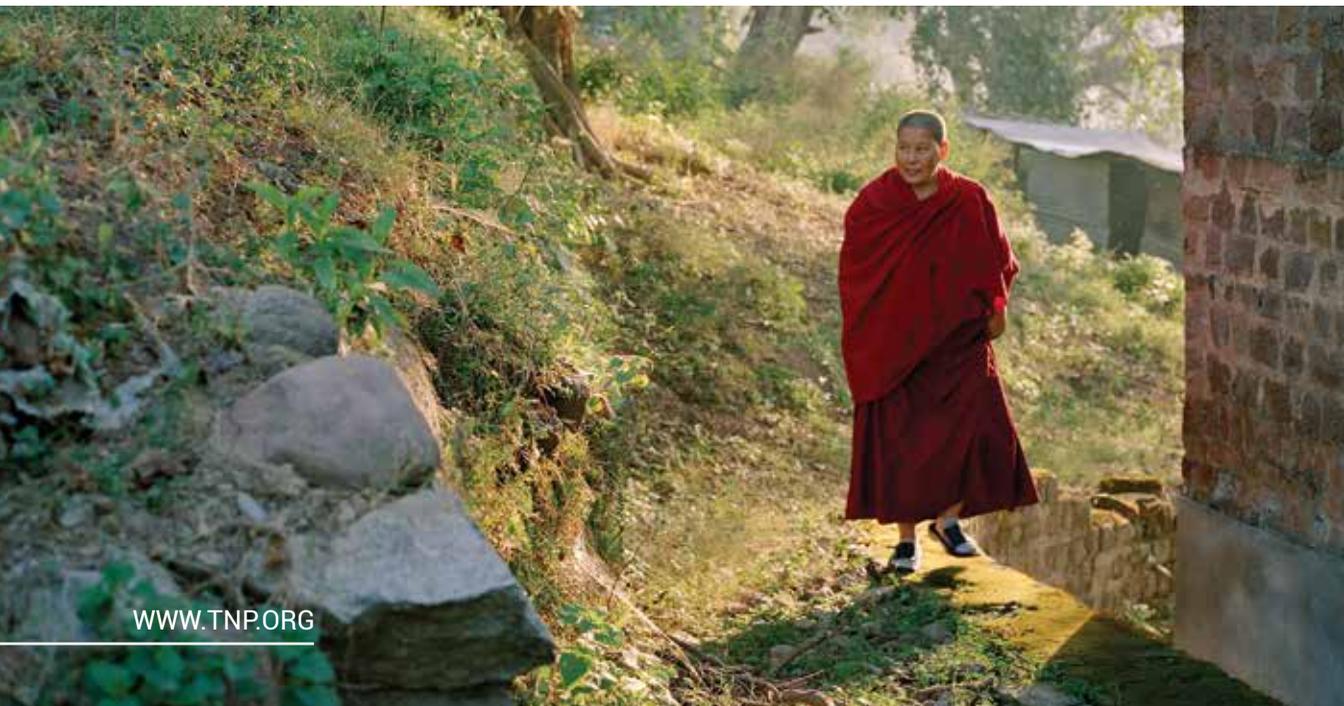
"After my release, I went to my village and then stayed secretly at my nunnery in spite of the ban on the re-admission of ex-prisoners... I decided to leave for India... We walked for about 18 days to Kathmandu. It was a very hard journey.

"Now I am in Dolma Ling Nunnery with three other nuns who came with me. We are very comfortable here, and we get the opportunity to study along with the other nuns. We study Tibetan language, English, philosophy and basic math. My wish now is to study hard and to be able to serve my country in any way that I can."

~ Ani Phuntsok

NUNNERIES

The enduring legacy of your support



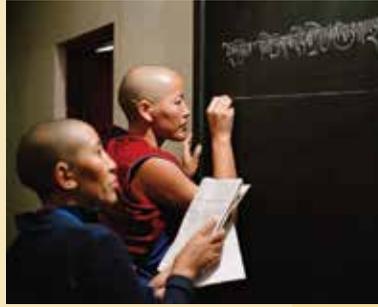
ACCOMPLISHMENTS



- **Constructed two nunneries**; support five others in India
- Established the **first institute of higher learning** for Tibetan nuns
- **Provided teachers** to nunneries in remote locations
- Created robust **nun sponsorship program**



ONGOING



- **700 nuns** receiving shelter, food & education
- For the **first time in the history** of Tibet nuns engaged in the final studies for examinations culminating in the **Geshema degree**
- 13 nuns who have earned **teaching degrees** now teaching throughout the exile community
- Construction of **eight retreat huts** at Dolma Ling
- **Building sustainability** through projects such as a **tofu-making kitchen**, a café, **prayer flag** making, **food gardens** & handicraft projects

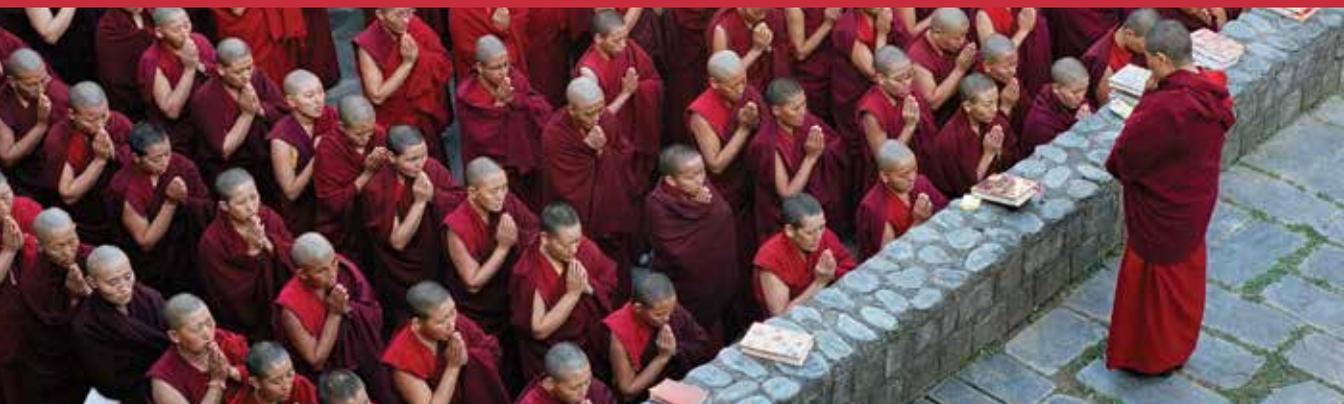
FUTURE



- Continuing to grow the seven nunneries as centers for **higher learning for Buddhist women**
- Increased **skills training** so that the nuns can help the Tibetan community at large
- **Continuing to provide a safe, secure home** for Tibetan refugee nuns escaping from Tibet
- **Building further sustainability** for the nunneries through **innovative, culturally sensitive** programs such as **solar-power** systems, **food** production & cafes

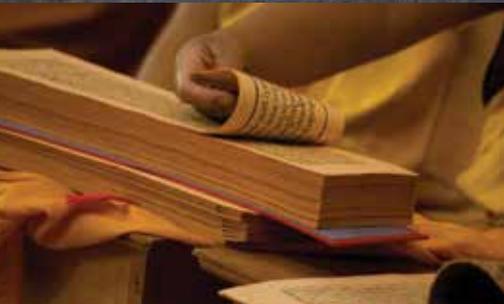
“By making a gift, you are helping these people, but you are also honoring those who have tried to get here.”

– Constance Trowbridge, Volunteer



"I believe that through educating women and giving them the tools they need to lead a fulfilling life, we all become stronger... after I am gone, this need will continue. Because of this, I have left instructions in my Will for a legacy gift to be made to the Tibetan Nuns Project. It makes me smile to know that the work of the nuns and the Tibetan Nuns Project will continue in some very small way because of this gift."

– Vicki Robinson,
Sponsor



"Many of the nuns escaped only after experiencing great trauma, or after seeing family suffer; these women never gave up.

It's an enormous privilege to help open doors for these nuns, to allow them to gain the spiritual and secular education that would otherwise have been denied them. It's a great joy to see them flourish, and to see so many of them turning their energies outward, to help others."

– Steve Wilhelm,
Board Member

YOUR LEGACY



A Will is about much more than simply putting your affairs in order. Leaving, making or changing your Will offers you a special reason to think about those closest to you and is also a unique opportunity to express your values. It allows you to leave a significant mark upon the future - to leave a legacy.

We hope you will consider leaving a gift in your Will to the Tibetan Nuns Project. To ensure that you have a valid Will, we strongly recommend that you use the services of a legal professional. Writing or changing your Will is not an overwhelming task. Everyone should have a Will and update it on a regular basis to ensure that your wishes are fulfilled.

If you are considering leaving a gift to the Tibetan Nuns Project, you will need to provide the legal professional drafting your Will with our legal name and address:
The Tibetan Nuns Project, 815 Seattle Blvd. S. #216,
Seattle, WA 98134 USA Phone: (206) 652-8901
Email: info@tnp.org

3 SAMPLE CLAUSES FOR YOUR WILL

"I give to The Tibetan Nuns Project, 815 Seattle Blvd. S. #216, Seattle, WA 98134 USA, the residue of my Estate for its charitable purposes."

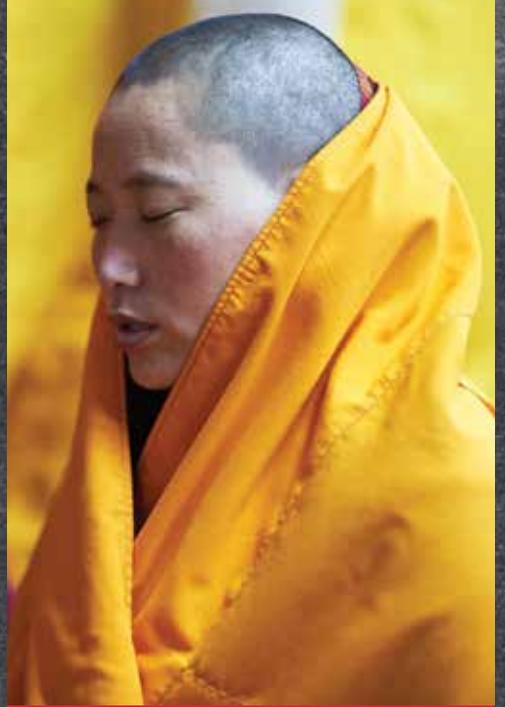
"I give to The Tibetan Nuns Project, 815 Seattle Blvd. S. #216, Seattle, WA 98134 USA, ___ percent of the residue of my Estate for its charitable purposes."

"I give to The Tibetan Nuns Project, 815 Seattle Blvd. S. #216, Seattle, WA 98134 USA, the sum of \$_____ (or a description of the property or asset) for its charitable purposes."



"It doesn't matter whether or not your head is shaved or you put on robes, but to practice your religion, you have to be kind from the inside, not harming other people. When your heart is compassionate love, that's all that counts."

– A Tibetan nun, helped by the Nuns Project, who spent more than 20 years in prison



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*A special thanks to Olivier Adam Photography
(www.olivieradam.fr)*

