

TIBETAN NUNS PROJECT

Support Nuns on Retreat Help Us Finish the 8 Retreat Huts

Will you help us complete the 8 retreat huts at Dolma Ling Nunnery and Institute, home to over 200 nuns?

Retreats are a core part of the nuns' Buddhist practice, allowing the nuns to develop their own insight and knowledge in complete privacy. Each hut consists of a simple room with a bathroom and kitchen area.

The 8 huts at Dolma Ling are already built, but we need your help to:

- Furnish and equip each modest hut with
 - a bed
 - a storage cupboard
 - a table
 - a prostration board
 - provisions for the small bathroom
 - supplies for the small kitchen areaThe cost per hut is US \$850. The total cost for all 8 retreat huts is US \$6,800.
- Provide sustainable, ecologically sound light, power and warm water for each hut with one solar panel per hut. The cost per hut is US \$1,688 and the total for all 8 huts is US \$13,500.
- To build the stone and cement walkways, drains and essential landscaping for the areas around the huts. Cost: US \$3,500.

The entire project, for all 8 huts, costs \$23,800 and will provide a permanent place for the nuns to go on retreat.

Supporting the nuns on retreat is a wonderful way to help them on their spiritual path and also to practice the *paramita* of generosity. It is said that, "The merit from supporting one who walks the Noble path is great, especially one who renounces the world on the spiritual path, enabling them to



Some of the 8 retreat huts at Dolma Ling Nunnery.
Photo courtesy of Jeannie O'Connor



Nuns carrying heavy building materials on their backs to construct the retreat huts



devote their time fully to the practice and study of the Dharma, and ensuring that the precious teaching of the Buddha will be preserved, ultimately bringing great benefits to all sentient beings!"

"Nuns hold a special place in my heart. As a layperson, I am in a position to support the nuns. My support means they can focus on their studies and practices. That is the most important thing. The heritage and tradition of female practitioners and teachers must continue for the benefit of the world and the flourishing of the Dharma." TC, Long Beach CA

There are 3 ways you can help the nuns finish the retreat huts:

1. By making a gift online at www.tnp.org
2. Calling the office at 1-206-652-8901
3. Mailing a check to:
The Tibetan Nuns Project
815 Seattle Boulevard South #216
Seattle, WA 98134 USA



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The modest interior of one of the huts.
Photo courtesy of Jeannie O'Connor

THE STORY OF DOLMA LING

Dolma Ling Nunnery and Institute is set in a serene area of the northern Indian state of Himachal Pradesh at the foothills of the Himalayas. Construction of Dolma Ling began in 1993 and the major parts of the nunnery were completed in 2005.

The nuns themselves helped in the construction of the nunnery, laboring to carry bricks and mortar, to dig the foundations, and to landscape and create the lush flower gardens that are a refuge for birds and insects.

Dolma Ling was officially inaugurated by His Holiness the Dalai Lama on December 8, 2005. It is now home to over 200 nuns and is open to those from all schools of Tibetan Buddhism. It is the first institution of its kind to offer this sort of education to Tibetan women.

Dolma Ling was built through the generous contributions of Tibetan Nuns Project donors.

