

# Tibetan Nuns Project

## Maintain Shugsep Nunnery and Institute



### TIBETAN NUNS PROJECT

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Shugsep is an ancient Nyingma nunnery that traces its rituals and practice to some of the most illustrious female practitioners in Tibetan history.

When the Communist Chinese took over Tibet, the nuns were forced out and Shugsep Nunnery in Tibet was completely destroyed. Although the nuns tried to rebuild it in the 1980s, they faced constant harassment. After the nuns from Shugsep took part in the 1987 uprising in Lhasa, many were imprisoned and severely tortured. On release from prison, they were barred from the nunnery. Many nuns escaped from Tibet to India, wishing to practice their religion freely.

About 30 years ago, the Shugsep nuns arrived in northern India exhausted, ill, and traumatized. Their dream was to re-establish their beloved and important nunnery in exile. Shugsep Nunnery and Institute was built by the Tibetan Nuns Project and inaugurated by His Holiness the Dalai Lama in 2010.

Now Shugsep is aging and the classrooms, dormitories, kitchen, temple and other buildings need maintenance. The heavy monsoon rains and harsh environment of northern India are hard on the nunnery complex. The 85 nuns work hard to maintain their nunnery. But there are many projects beyond their ability that they need your help with, such as:

- Solar panel roof repair
- Water tank repair
- Painting the walls and decorative roof elements of the temple
- Mold removal and prevention
- Security system for nunnery and grounds to avoid break-ins
- Nun housing painting

### Help maintain Shugsep Nunnery and Institute as a strong and healthy nunnery!

**TO COMPLETE ALL THE ITEMS: U.S. \$21,650**

To help you can:

1. Make a gift online at [www.tnp.org](http://www.tnp.org)
2. Call our office in Seattle, US at 1-206-652-8901
3. Mail a check to: The Tibetan Nuns Project (for Shugsep maintenance)  
815 Seattle Boulevard South #216, Seattle, WA 98134 USA
4. Give a gift of securities.

**PLEASE HELP MAINTAIN SHUGSEP NUNNERY AND INSTUTITE**  
**Donate online at [www.tnp.org](http://www.tnp.org) or mail a check to the US address above.**