



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.

The Tibetan Nuns Project is a 501(c)3 registered charity based in Seattle and founded over 30 years ago in 1987.

We hope this booklet will inspire you and help with one of the most important opportunities each of us possesses — the chance to leave our mark on the world.

Please join us in:

- Improving the level and status of ordained Buddhist women
- Providing education, food, shelter, clothing, and medical care to over 700 Tibetan Buddhist nuns at 7 nunneries in India
- Building self-sufficiency through educational and training opportunities
- Training nuns to take leadership, teaching, and service roles within their communities
- Continuing to establish further facilities for Buddhist nuns

SEEKING REFUGE AND EDUCATION

ONE NUN'S STORY

“ I was born to a simple family near Lhasa. When I was in Tibet, we were not given a Buddhist education. I strongly felt that the best way to become educated in Buddhist studies was to come to India.

In 1991, I escaped from Tibet. Along with 75 newly arrived nuns, I joined Dolma Ling Nunnery.

When I first reached Dolma Ling Nunnery, its facilities weren't as good as now. But I never lost hope.

I always feel grateful to my sponsors who are truly kind. It is partly because of the sponsors that I am one of those lucky nuns able to grab the rare opportunity to obtain the Geshema qualification.

Buddhist studies and philosophy are extremely vast and difficult. One needs strong commitment, extreme hard work, and dedication once you decide to sit for the Geshema exams. I consider it a golden opportunity for which we struggled hard to attain. ”



Geshema Tenzin Kunsel was one of the first nuns to graduate with her Geshema degree. This degree, equivalent to a Ph.D. in Tibetan Buddhist philosophy, was only opened to women in 2012. After further studies in Tantric Buddhism, she was hired in 2019 to teach other nuns.

NUNNERIES

The enduring legacy of your support



Our Mission

- To educate and empower nuns of the Tibetan Buddhist tradition as teachers and leaders; and
- To establish, strengthen, and support educational institutions to preserve the Tibetan religion and culture.





“ 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

“ I believe in freedom, education, and equality for women and for men. I am very disturbed by the ongoing destruction of Tibet and its magnificent culture and religion and believe strongly in the goals and purpose of the Tibetan Nuns Project. ”

— Judith, donor

ACCOMPLISHMENTS



- **Created** a ground-breaking educational program for nuns
- **Built and established** Dolma Ling Nunnery and Institute, a non-sectarian nunnery
- **Constructed and re-established** Shugsep Nunnery and Institute in India
- **Established the Jang Gonchoe** annual inter-nunnery debate
- **Laid the groundwork** for higher degrees for nuns
- **Helped award the Geshema degree** for the first time in the history of Tibet
- **Started an advanced** education program in Tantric Studies for the Geshema graduates
- **Created a sponsorship** program to support over 700 nuns and 7 nunneries in India
- **Trained nuns** to take leadership and teaching roles

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."



“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.”

— *Steve Wilhelm, Board Member*

“This is not charity; it is an investment in humanity.”

— *Constance Trowbridge, donor*

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NEXT STEPS

Consider how you would like to be remembered through your legacy. What is important to you and how will your estate planning reflect your values and interests?

Contact your financial advisor or lawyer to start preparing your will or to add a simple amendment to your existing will. Professional advice will also help you maximize the tax advantages of your gift.

Ensure that you provide your professional advisor with our legal name and address:

TIBETAN NUNS PROJECT

815 Seattle Blvd. S. #216, Seattle, WA 98134 USA
Ph: 206-652-8901 Email: info@tnp.org Web: tnp.org
Tax ID number (US) 68-0327175

If you feel comfortable sharing your decision, you can let us know by emailing info@tnp.org



Questions?
Please email
info@tnp.org
or call
206-652-8901



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