

Śrāmanerikas in the Himalayas



Karma Lekshe Tsomo
University of San Diego

Demographics

Bhutan

India

Mongolia

Nepal

Russia

Tibet

In India

Arunachal

Himachal

Karnataka

Ladakh

Sikkim

Spiti

Zangskar

etc.





































Female Archetypes

Mahamaya

Yashodhara

Mahaprajapati

Sanghamitra

Tara

Chokyi Drolma

Vajrayogini

Gelongma Palmo

Machik Labron

etc.



























Precepts

upāsikā (genyen)

śrāmanerika (getsulma)

bhiksunī (gelongma)

genchö









Sangha Rites

The official acts of the sangha include 3 rites that are essential for Buddhist monastic life:

- ❖ Full ordination (upasampada)
- ❖ Bi-monthly recitation of the Pratimoksa Sutra (uposadha)
- ❖ The assembly held at the end of the 3-month rainy season retreat (pavarana)

Monastic Practices

Himalayan nuns engage in a variety of practices:

- ❖ Study
- ❖ Philosophical debate
- ❖ Meditation
- ❖ Recitation of prayers
- ❖ Tantric rituals
- ❖ Cho (“cutting through”)
- ❖ Cham (ritual movement)
- ❖ Construction of sand mandalas
- ❖ etc.





























9TH SAKYADHITA



International Conference
on Buddhist Women

Kuala Lumpur, Malaysia

第九屆國際佛女會議
吉隆坡, 馬來西亞

International Buddhist Women's Association
& Global Buddhist Women's Association

全球佛女文化協會主辦



9TH SAKYADHITA



International Conference
on Buddhist Women

Kuala Lumpur, Malaysia

第九屆國際佛女會議
吉隆坡, 馬來西亞

International Buddhist Women's Association
& Global Buddhist Women's Association











