



Hello to you all!!

Just wanted to write a little bit about our day to day life! It speaks for itself I guess with a few colorful pictures.

On Saturdays we have a half school day and have some different classes than our normal daily routine. The children are being taught in Buddhist art: the learn how to draw and paint beautiful Buddhist images. We do yoga and meditation, practice songs, we do crafts and needle work and some gardening.

On sunny days we have lunch outside on the weekends....it is so nice to sit outside to enjoy a good meal!

Then on Saturdays after lunch the smaller children are getting their bath by the bigger girls. They are being washed thoroughly with a lot of soap, they are being rubbed with firm hands, being rinsed and then dried. It is such a beautiful and moving spectacle!

Every now and then on Sundays or on special days we visit our small local monastery to offer our prayers and mantras.

We pray for all living beings, for all sponsors, teachers, volunteers, fathers and mothers, brothers and sisters, friends, and for all living beings that are sick or suffering. It is always so wonderful to light some butterlamps. The melodious prayers sung with the beautiful voices of the children sound so special!

On Thursdays there is the local market. At times we go there with some of the children to do some shopping. Here you can see Wongchuk who is carrying a huge cucumber on his shoulder!

So, a short and sweet and sweet letter this time....many greetings and all the best from all of us!!

Hedwig