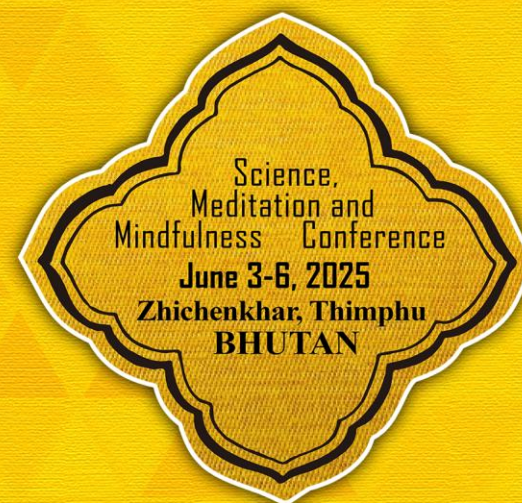


CV of Spiritual Masters for the Guided Meditation  
**SCIENCE, MEDITATION, AND MINDFULNESS  
CONFERENCE**

June 3-6, 2025  
Zhichenkhar, Thimphu, BHUTAN



Published by:  
Centre for Bhutan & GNH Studies  
Zhichenkhar, Langjophakha, Thimphu  
E-mail: [cbs@bhutanstudies.org.bt](mailto:cbs@bhutanstudies.org.bt)  
Website: [www.bhutanstudies.org.bt](http://www.bhutanstudies.org.bt)  
Post Box No. 1111



Organised by:  
Central Monastic Body and  
Centre for Bhutan & GNH Studies



# **CV of Spiritual Masters For Guided Meditation**

## Table of Contents

<b>Vajra Archarya Kinley Rinpoche.....</b>	<b>4</b>
<b>Ngakdra Dorji Lopen Doyon Gyamtsho .....</b>	<b>6</b>
<b>Bodhisattva Swami Anand Arun .....</b>	<b>7</b>
<b>His Eminence Kalu Rinpoche .....</b>	<b>9</b>
<b>Khenchen Ugyen Dorji.....</b>	<b>11</b>
<b>Choje Lama Kelzang Tshultrim.....</b>	<b>13</b>
<b>Khenchen Tsewang Sonam.....</b>	<b>14</b>
<b>Ani Jamyang Pemo.....</b>	<b>15</b>

# Vajra Archarya Kinley Rinpoche

*Vajra Acārya and Deputy to His Holiness the Je Khenpo*

His Eminence Dorji Lopön Kinley Rinpoche is Bhutan's second-highest spiritual leader. He is widely revered as the true reincarnation of Kuenga Lekpai Zangpo, famously known as Drukpa Kunley (1455–1529), particularly due to compelling childhood signs and validations recognized by the third reincarnation, Kunga Minjur Dorji.



## Early Life and Education

Born in 1957, His Eminence entered the monastic path at a young age. His early education included memorization of sacred texts, performance of rituals, mastery of spiritual dances, and rigorous training in monastic discipline.

## Spiritual Journey and Leadership

A distinguished Dorji Lopön (Vajra Master), His Eminence is one of the longest-serving in this role. He was the first to serve as the Representative of the Chief Abbot and also the first tutor to His Eminence Gyalsey Tenzin Rabgay. He later served as the Retreat Master (Drupön) of the major retreat centers at Tango Ngedhon Gatshel, Dzongkha, Pelgiri, and Chari. In 1999, he was appointed the tutor of His Holiness Gyalsey Jigme Tenzin Wangpo, the 8th successive reincarnation of Desi Tenzin Rabgye.

He is the sole disciple to have received the vajra and bell directly from the late His Holiness Geshey Gedun Rinchen, symbolizing his destined role in the enlightened lineage. Under the personal guidance of His Holiness the 68th Je Khenpo Tenzin Dendup, His Eminence completed over a decade of intensive meditation in Phajoding and various retreat sites.

He mastered the Six Yogas of Naropa and the profound stages of Mahamudra.

Additionally, he was the first Retreat Master of Drolung and Dzongkhag retreat centers, and served as Principal Khenpo of the esteemed Tango Shedra. His meditation and realization in the Dzogchen tradition were further enriched under the direct transmission of His Holiness Je Trizur Tenzin Dendup.

### **Spiritual Accomplishments and Legacy**

His Eminence has received countless transmissions in Sutra, Yantra, and Tantra from the 70th Je Khenpo and other esteemed masters. Despite his towering achievements, he remains humble and continues to pursue further spiritual learning, embodying the essence of humility and simplicity in the style of a yogi. Though fully ordained in the three precepts, he lives with a yogic presence that deeply inspires monastics and lay practitioners alike.

He is a fully realized master in the three sets of vows: Pratimoksha, Bodhisattva, and Tantric, on par with any of the past and present eminent spiritual leaders of Bhutan.

Among his many contributions, he founded a retreat center at Chijey Gompa, sustained entirely through private means. Tirelessly, he continues to teach, lead rituals for the welfare of the nation, bestow empowerments, and perform the sacred duties of officiating His Holiness the Je Khenpo. In 2016, he conferred the entire cycle of Drukpa lineage empowerments and transmissions to over 1,500 monks during a three-month program at Tango Dordhena Buddhist University.

### **Recognition and Honor**

In recognition of his extraordinary service to the nation and Dharma, His Eminence Dorji Lopen Kinley was awarded the Druk Wangyel Medal by His Majesty The King on December 17, 2019.

# Ngakdra Dorji Lopen Doyon Gyamtsho

*Ngakdra Dorje Chögar, Kuri Zampa, Mongar*

## Presentation and Explanation on Wind Energy and the Vital Channels of the Body

རྒྱུད་རོ་བསལ་བ་དང་ལུས་གནད་ཆའི་སྐོར་གསལ་བྱ་དང་  
འགྲེམས་སྟོན།

གསང་སྤྲུལ་དོན་ཡོད་ཀྱི་མཚོ།

དོ་རྩེ་སྒྲིབ་དཔོན།

སྤྲུལ་གྱི་དོ་རྩེ་ཚོས་སྤྲ།      ཀྱི་རི་ཟམ་བ།    མོང་

སྤྲ།

རང་ལོ་བཅུ་གཅིག་ནས་སྤྲུངས་ཐེམ་འདུས་སྤྱིར་  
འཇུལ་ནས་ལོ་ངོ་བཞིའི་རིང་གར་ཐེག་དབྱངས་གསུམ་སྟོགས་  
ཀྱི་བྱ་ཚོས་ལ་སྤྲངས།    དེ་ནས་མཁོ་ཐང་རིན་ཆེན་སྤྱིང་དུ་ལོ་ངོ་  
བཞིའི་རིང་གཞུང་རིག་གནས་སྐོར་ལ་ཐོས་བསམ་བྱས།    དེ་རྗེས་  
གྲུབ་དབང་རྒྱལ་མཚན་སྤུལ་སྤྱ།      གྲུབ་དབང་བསྟན་འཛིན་  
དབང་ལྷུག་      གྲུབ་དབང་ཡེ་ཤེས་རིན་ཆེན་སྟོགས་ནས་བརྟག་  
གཉིས།    བདེ་མཚོག་རྩ་བཤད་ཀྱི་རྒྱུད།    གསང་འདུས།

དུས་འཁོར་ལ་སྟོགས་པའི་མདོ་སྤྲུལ་གཞུང་ལུགས་སྤྱི་དང་ཁྱད་པར་ཕྱག་ཆེན་རྫོགས་ཆེན་ལམ་འབྲས་ཞི་  
ཐུང་སྤྱོར་དུག་རིམ་ལམ་རིམ་སྟོགས་ཀྱི་མན་དག་རྣམས་ཁྱེན་ཐར་བྱས་ཏེ་ལོ་ངོ་བཅུ་ལྷག་གི་རིང་སྐོམ་སྤྱོད་དང་ཁྱིད་  
དཔོན་སྟོགས་བྱས་པ་ལགས།

Starting from the age of eleven, he joined the Punakha Dechen Phodrang Monastic School, where for four years he studied Buddhist philosophy, including the three practices of dance, mandala, and melody. After that, he studied General Buddhist Knowledge for another four years at Sha-Khothakha Rinchenling Buddhist Institute.

Following this, under the guidance of great masters such as Drubwang Gyeltsen Trulku, Drubwang Tenzin Wangchuk, and Drubwang Yeshe Rinchen, he received and completed in-depth teachings and instructions on texts such as the *Bde Mchog Root Tantra*, *Guhyasamaja*, *Kalachakra*, and various sutras and tantras from both general and specific traditions. These included profound practices from the Mahayoga, Anuyoga,



and Atiyoga (*Dzogchen*) traditions such as the Five Path Stages of Peaceful Completion, the Six Yogas, and the Lamrim.

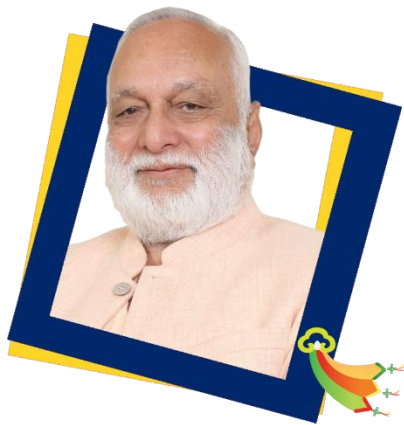
He has completed retreat practice for over a decade, and has served as a retreat master and spiritual guide.

## **Bodhisattva Swami Anand Arun**

*Spiritual Leader, Humanitarian, Visionary, Author, and Speaker*

### **Osho Chakra Sound Meditation**

Bodhisattva Swami Anand Arun is widely celebrated as one of Nepal's most influential spiritual leaders and a global ambassador of meditation. A Templeton Prize nominee, Swami Arun is the founder and coordinator of Osho Tapoban, an international commune and forest retreat center located in the foothills of the Himalayas near Kathmandu. A civil engineering consultant by profession, he has served international organizations including the World Bank, Asian Development Bank, and USAID. He is also a prolific author and revered orator.



As a passionate advocate of meditation, Swami Arun divides his time between Nepal and more than twenty countries, where he leads Osho meditation retreats, discourses, and life-enhancing programs. His teachings focus on mindfulness, stress reduction, emotional healing, and spiritual growth. His recent book, *Lone Seeker, Many Masters*, quickly became a national bestseller in Nepal and has been well received in India, the United States, Australia, and Europe. It has already been translated into multiple languages.

In this acclaimed autobiography, Swami Arun recounts his transformative encounters with more than 32 renowned mystics and spiritual masters of the East, including Swami Vivekananda, Paramahansa

Yogananda, the Dalai Lama, Mahatma Gandhi, J. Krishnamurti, Buddha, and others. His previous works in Nepali, such as Santa Darshan, Santa Gatha, and Antaryatra, are also widely popular and influential. Swami Arun regularly contributes to national English-language newspapers in Nepal and appears frequently on national and international TV and radio programs, sharing insights on meditation, consciousness, and holistic living.

Born on June 16, 1944, in Janakpur, Nepal, as Arun Kumar Singh, Swami Arun showed a deep spiritual inclination from an early age. His spiritual journey took a definitive turn on March 29, 1969, when, as an engineering student, he encountered his beloved master, Osho. Captivated in their first meeting, he recognized Osho as the teacher he had been searching for. In 1974, he was initiated into Neo-Sannyas by Osho in Pune, receiving the name Swami Anand Arun. At Osho's direction, he returned to Nepal to establish a meditation center and spread the vision of dynamic, transformative meditation.

To date, Swami Arun has initiated over 100,000 seekers from 90 countries into the Osho Neo-Sannyas path. He currently guides six Osho communes and more than 75 meditation centers in Nepal, two communes in the United States, and around 150 Osho meditation centers worldwide. An innovative thinker, he is also known for his creativity as a publisher and designer of spiritually inspired architecture. Notably, he established the world's first Death Park in Pokhara, Nepal, a space designed to help people confront the reality of mortality and live with deeper awareness. Over more than five decades, Swami Arun has touched countless lives through his teachings on meditation, yoga, education, lifestyle management, and spirituality. His enduring contribution has been the integration of ancient wisdom with contemporary life to promote inner peace and holistic well-being for people of all backgrounds and beliefs. His legacy was recently crowned by the official establishment of World Meditation Day by the United Nations, a global declaration made possible largely through his unwavering vision and persistent advocacy. For over a decade, Swami Anand Arun tirelessly promoted the concept on national and international platforms, addressing conferences, spiritual gatherings, and global forums to rally support for a dedicated day to honor the transformative power of meditation. His efforts were instrumental in turning this long-held vision



into reality, marking a historic milestone in the global meditation movement and continuing to inspire individuals and nations to embrace inner peace as a foundation for collective harmony.

Swami Arun's tireless humanitarian efforts have been formally recognized at the highest national level. He received the prestigious Su Prabal Janasewashree Padak from the President of Nepal for his remarkable service in promoting peace and meditation. Additionally, during the 100th Anniversary of Rotary International, he was honored as one of 100 Nepali individuals who have made extraordinary contributions to society. Even at the age of 81, Swami Anand Arun continues to travel the world, offering guidance, compassion, and spiritual leadership to all who seek a deeper understanding of life.

## **His Eminence Kalu Rinpoche**

*Tibetan Buddhist Master, Shangpa Kagyu Lineage Holder, Spiritual Leader & Global Teacher*

### **Profile Summary**

Kalu Rinpoche is a distinguished Tibetan Buddhist master and the recognized reincarnation of the previous Kalu Rinpoche, formally identified and enthroned by His Holiness the 14th Dalai Lama. A lineage holder of the rare and sacred Shangpa Kagyu tradition, Rinpoche has spent his life bridging ancient wisdom with contemporary life through teachings, social engagement, and spiritual leadership. With over three decades of devotion to Dharma practice, education, and global community-building, he continues to guide numerous Buddhist centers worldwide while contributing deeply to the cultural and spiritual fabric of Bhutan.



## **Spiritual Recognition & Lineage**

Recognized as the Reincarnation of Kalu Rinpoche, by His Holiness the 14th Dalai Lama. Enthroned as the reincarnation of the previous Kalu Rinpoche and entrusted with the continuation of the Shangpa Kagyu lineage. Lineage Holder – Shangpa Kagyu School Rinpoche entered the traditional three-year retreat at the age of 14 and completed it by 18, receiving the full transmission and practice cycles essential for preserving the Shangpa Kagyu lineage.

## **Leadership & Teaching Experience**

Spiritual Director – International Dharma Center Age of 19 - Present. At the age of 19, Kalu Rinpoche began overseeing and guiding 55 Buddhist centers globally, including a retreat, across various foreign countries, continuing the responsibilities of his previous incarnation. For the past 18 years, he has been sharing teachings, offering guidance, and supporting students around the world. Gave speeches at the Oxford Union and Google, speaking about mindfulness, compassion, and spiritual insight to international audiences.

## **Bhutan-Based Social & Spiritual Engagement**

Supported youth empowerment, mental health initiatives, and educational outreach programs. Led mindfulness sessions, cultural preservation projects, and community-based Dharma talks. Promoted compassionate action and spiritual development within Bhutanese society. Delivered mindfulness teachings and yoga practices to enhance mental well-being, both nationally and internationally.

## **Key Areas of Focus**

- Tibetan Buddhist Philosophy and Meditation
- Retreat Leadership and Empowerment Transmission
- Youth Mentorship and Spiritual Development
- Mindfulness for Modern Life
- Cultural Heritage and Dharma Preservation
- Cross-Cultural Teaching and Communication.

# Khenchen Ugyen Dorji

*Abbot of Chagri Monastery*

## On the Blessings of Ripening and Liberation in the Vajrayāna Secret Mantra Path

གསང་ལྷགས་དོ་རྩེ་ཐེག་པའི་སྒྲིབ་ཕྱིད་དབང་དང་གོལ་བྱེད་གྱི་  
ཁྲིད་གྱི་སྒྲོང་ལས་གསལ་ལྷ།  
མཁན་ཆེན་ཨོ་ཏུན་དོ་རྩེ།  
ལྷགས་རི་རྒྱུ་ཐེ་ཉླ་པའི་དབུ་འཛིན།



ཨོ་ཏུན་དོ་རྩེ་སྐྱེས་ལོ་ ༡༧། ༡ རྩེ་མཁན་ཁྲི་རབས་  
༤༧ པ་འཕྲིན་ལས་སྐུན་གྲུབ་སྐབས་སྤངས་ཐིམ་གྲ་ཆང་ཉླ་བ་  
ནང་འཛུལ་ཏེ་བསྐྱེད་ཆོག་སྒྲོ་ར་ཉླ་བ་སྤྱད་འབད། དེ་ལས་  
ལྷགས་རི་དང་རྟ་མགོ་ཆས་མཐོ་སྒོ་བ་གྲ་ནང་འཛུལ་ལྷགས་  
འབད་དེ། དེན་ཅན་ཙ་པའི་སྒྲ་མ་དམ་པ་མཁས་དབང་སྒྲ་སྒོ་བ་  
ཀུན་ལེགས་རྒྱལ་མཚན་དང་། དབྱངས་སྒོ་བ་ཏུད་པ་ཀུན་ལེགས།

མཚན་སྒོ་བ་རྟ་མགོན་ཆོད་དབང་སོགས་གྱི་ཞབས་སར་བཅར་ཏེ་དམ་པའི་ཆོས་མདོ་ལྷགས་རིག་གནས་དང་  
བཅས་པ་ལ་ཐོས་བསམ་འབད། དེ་རྩེ་རྟ་མགོན་པའི་ཆོས་མཐོ་སྒོ་བ་གྲ་ལོ་ངོ་ཁྲེད་རིང་སྒོ་བ་དཔོན་གྱི་ལས་འགན་  
ལྷག་ལུས། དེ་ལས་མཁས་དང་གྲུབ་བདག་ཉིད་བཀྲིན་གསུམ་ལྟན་དཔལ་ལྟན་ཙ་པའི་སྒྲ་མ་དམ་པ་༡ རྩེ་མཁན་ཁྲི་  
རབས་༤༩ པ་བཟུན་འཛིན་དོན་གྲུབ་རིན་པོ་ཆེ་མཚན་དང་། རྩེ་མཁན་ཁྲི་རབས་༤༩་པ་དགེ་འདུན་རིན་ཆེན་རིན་པོ་  
ཆེ། རྩེ་མཁན་ཁྲི་རབས་༥༠ དཔལ་འཛེགས་མེད་ཆོས་གྲགས་རིན་པོ་ཆེ་དང་། ༥ རྩེ་སྒོ་བ་དཔོན་ཀུན་ལེགས།

སྒྲ་སྒོ་བ་སངས་རྒྱལ་དོ་རྩེ་སོགས་གྱི་ཞབས་སར་བཅར་ཏེ་དབང་ལྱང་མན་དག་སྐྱེད་དང་ཁྱད་པར་ལྷག་ཆེན་  
ཆོས་དྲུག་སྐྱན་བརྒྱུད་གྱི་གདམས་དག་སོགས་ལག་ལེན་དམར་ཁྲིད་དང་བཅས་པ་ལུས་སྐྱེ་ལྷགས་རི་ལུ་ལོ་གསུམ་ལྷགས་  
གསུམ་ོ་ལྷགས། དབྱིན་ལོ་༢༠༠༣ ལས་༢༠༢༠ ཟླ་༣་ཤར་བདེ་ཆེན་ཆོས་སྤྱིང་སྐུ་བ་ལྷེད་སྒོ་བ་དཔོན་གྱི་ལས་འགན་ལོ་  
༡༩ གྱི་རིང་ལྷག་ལུས་ཡོད།

དེ་ལས་རྒྱལ་སྐུས་མཚན་སྐུལ་རིན་པོ་ཆེད་ལྷག་ལུས་རྟ་མགོན་གསང་ཆེན་དོ་རྩེ་ཐེག་པའི་སྒོ་བ་སྤྱིང་སྐུ་ལང་  
གི་སྐྱེ་འཛིན་འོག་མ་འི་ལས་འགན་ལོ་གསུམ་ལྷག་ལྷུ་ཡོད་ལ།

Khenchen Ugyen Dorje was born in the year of the Monkey. At the age of nine, he entered Punakha Dratshang during the time of the 67th Je Khenpo, Thinley Lhundrub, where he received foundational monastic

education. He then joined the higher monastic college at Chari and Tango. There, he studied under highly realized and noble root teachers such as: Khenpo Kunzang Gyeltshen, a master of profound knowledge and qualities, a voice teacher, and a master of commentaries. From them, he received training and understanding of profound teachings, both in general and Vajrayāna Buddhist traditions.

After that, he served for five years as a teacher at Tango's higher monastic school. Later, he received sacred empowerments, transmissions, and instructions both general and specific, including the Six Dharma Teachings of Great Completion (Dzogchen), and the oral transmission of the profound teachings of the Six Dharmas of the Mahāmudrā lineage. These were granted to him by eminent lamas including: the 68th Je Khenpo Tenzin Dondup Rinpoche, the 69th Je Khenpo Geden Rinchen Rinpoche, the 70th Je Khenpo Jigme Chhoeda Rinpoche, Dorje Lopon Kunzang, and Dralop Sangay Dorje.

He also received personal guidance and in-depth instructions. With these, he completed a three-year retreat in the three directions at Chagri.

From 2003 to 2020, he served for 18 years as the head teacher of Shar Dechen Choling Dratsang. Afterward, upon the command of His Eminence the Gyalsey Trulku Rinpoche, he took on the role of Deputy Director of the Dorden Tashithang Buddhist University, Tango for three years.



## Choje Lama Kelzang Tshultrim

*The Founder of Druk Mila Seykhar Guthog*

### **The Precious Human Birth Which is Difficult to Obtain**

From the tutor Thragu Rinpoche Loday Mrawai Singye, he received the Entrustment Empowerment of Treasury of Tantra from Kagyue tradition, Kalachakra from Shangpa tradition, Chakrasamvara Tummo, and the Empowerment of the 16 Bindus in the Kadampa tradition He received the torma Empowerment of Vajravarahi, Mahakala and Miling Vajrasattva from Dulmo Choje Rinpoche. He also received the middling Empowerment of Karma Lingpa's



Sithro called the Self-Liberation of the Beings of the Six Realms from Dilyag Daza Rinpoche. From H.H. the Dalai Lama, Tenzin Jamtso In 2004, he received all the oral transmission of Treasury of Termas (Rinchen Terzod) during empowerment of Treasury of termas from Yongay Mijur Rinpoche In 2005, he received the empowerments of the Kagyu's Treasury of Tantra and Treasury of Pith Instruction from Kyabje Kating Tai Situ Pema Donyen Nyenbye Rinpoche Dharma Activities for the Benefit of Others In 2017, he had the opportunity to receive the oral transmission of the whole Kanjur (Buddhist cannon) from H.H. Trulku Jigme Choeda, the 70th Jekhenpo of Bhutan, He also received the empowerment, oral transmission and teaching of Akshobaya, Bhaisajyaguru, Tara, Chakrasamvara, the Liturgy of Tara and Eleven Faced Avaloketesvara from the 17th Gyalwang Karmapa, Ogyen Thinley Dorji Choke Lama primarily focuses on the practice of Dharma within the three wisdoms of Buddhism (Learning, contemplating and practicing). With over 30 years of teaching experience in Hong Kong, he has imparted invaluable practices to his disciples, including Powa, Amitabha, Four Guru Yoga, and he had also held the Vajrayana Retreat. In 2023, he

gave preliminary teachings and instructions to four monastic students who were the first to complete their basic Lobdra (junior) studies at Sangye Mingyur Ling. This marked the beginning of a one-year program where the monks would accumulate and study the preliminary practices.

## Khenchen Tsewang Sonam

འཁོར་མཁན་པོ་ཆེ་དབང་བསོད་ནམས་ལོ་རྒྱུས་སྤྱིང་  
བཟུས།

མཁན་པོ་ཆེ་དབང་བསོད་ནམས་ནི་ ལྷོ་ལོ་ ༡༩༦༣ ལོར་འབྲུག་བུམ་མང་ཨུ་རུ་ར་རྩེ་བའི་ལྷ་ཁྱ་ཤར། ༡༩༧༠ནས་ཨུ་རུ་ར་མང་ཐང་དགོན་པར་ཡོན་ཏན་གཞི་མ་འབྲི་སྒྲིག་ནས་བཟུང་རྒྱུ་འབྲུག་དགོན་ལ་གསུམ། དབྱངས་ཐིག་གར་གསུམ། རྟོན་ལྷ་ལོན་སྒྲིག་བཅས་ཐུབ་པར་སྦྱངས། ༡༩༩༠ ལོར་ལྷ་མ་རྒྱལ་ཉི་མ་དང་སྒོ་བ་རྟོན་བའི་སྐུ་མདུན་ནས་གཞུང་རིག་རྩིས་གསུམ་སྦྱངས། ༡༩༩༥ ལོར་རྒྱ་གར་སྤེལ་གསུམ་མའི་སྐར་དུ་ཨུ་རུ་ར་མཐོ་སྒོ་བ་མདོ་ཐུགས་རིག་པའི་སྤྱིང་གི་བཤད་གྲུར་མདོ་ཐུགས་རིག་གནས་དང་བཅས་པར་སྦྱངས་པས་ ༡༩༩༩ ལོར་མདོ་རྒྱུང་དེས་དོན་བཟུན་པའི་སྤྱིང་བྱང་ཆེན་པོ་ཞེས་པའི་མཁན་པོའི་ལྷ་ཁྱ་འབྲུག་ཐོབ།



༢༠༢༣ ལོར་ལོ་བཞི་རིང་གྲུབ་དབང་པདྨ་ལོ་རྒྱུང་དགོངས་བཞིན་མདོ་ཐུགས་དཔལ་ལྷུ་མ་དགོན་དུ་ལས་ཐོག་མཁན་པོའི་ལས་འགན་ལེགས་པར་གྲུབ། ༢༠༢༣ ལོར་སྐར་ཡང་ཨུ་རུ་ར་མཐོ་སྒོ་བ་ཆེན་མའི་ཆོགས་གཙོའི་ལས་འགན་རྩིས་ལུ་སོན། ༢༠༢༣ནས་ད་ལྟོའི་བར་ཀུན་མཁྱེན་སྤྱིང་ཆེན་རབ་འབྲུམ་གདན་ས་འབྲུག་བུམ་མང་ཐར་པ་སྤྱིང་གི་ལྷ་མའི་ལས་འགན་ནམས་ལེགས་པར་བསྐྱབས་དང་སྦྱབ་བཞིན་པ་དང་།

དེ་དག་གི་བར་སྐབས་ནམས་ལུ་ སྐབས་རྗེ་དེ་ལ་མགོ་མཁྱེན་བཞེ་གྲུབ་དབང་པདྨ་ལོ་རྒྱུང་ ལྷོ་ལྷུ་མཁན་རིན་པོ་ཆེ་ལྷ་མ་ཨ་ཁུ་རིན་པོ་ཆེ་སོགས་དམ་པའི་སྐྱེས་མཆོག་དུ་མ་ནས་དབང་ལྱང་ཁྱིད་གསུམ་རེ་ལྷུ་ནས་ སྦྱབ་པ་ཉམས་ལེན་གང་ཐུབ་རེ་བྱས་དང་བྱེད་བཞིན་ཡོད་པ་ནི་མཁན་པོ་ཆེ་དབང་བསོད་ནམས་ལོ་རྒྱུས་རགས་བཟུས་ཙམ་ལགས་སོ།

Khenpo Tsewang Sonam was born in 1963 in Bumthang, Bhutan. In 1970, he began his monastic education at Ura Wangthang Monastery, where he studied the foundational Buddhist texts and ritual practices.

From 1980, he continued advanced Buddhist philosophical studies under Lama Gyal Nima and Lopon Norbu.

In 1985, he traveled to South India to further his studies at the Ngagyur Nyingma Institute of Namdroling Monastery. There, he completed the full curriculum and, in 1999, was awarded the title of Khenpo with his thesis titled *“The Great Clarifier of the Definite Meaning of the Sutras and Tantras.”*

In 2013, he resumed responsibilities at the Ngagyur Nyingma Institute and from 2023 onwards, under the guidance of Drubwang Pema Norbu Rinpoche, he took on the role of Khenpo at Pal Yul Ma Monastery in the Dokham region.

Since 2019, he has been actively fulfilling various spiritual responsibilities at Tharpaling Monastery in Bumthang, as part of the activities of the Longchen Rabjam Dharma Center.

Throughout his spiritual career, he has received extensive empowerments, oral transmissions, and pith instructions from many great masters, including: Kyabje Dilgo Khyentse Rinpoche, Drubwang Pema Norbu Rinpoche, Nyushul Khen Rinpoche, Lama Achu Rinpoche, and Tulku Thubstang Rinpoche

He diligently continues to uphold and practice the teachings he received from these revered masters.

## Ani Jamyang Pemo

*Principal, Jashar Goenpa, Pema Gatsbel*

### Zhe Ney

Ane Jamyang Pemo is a Bhutanese Buddhist nun currently serving as the Principal at Jashar Goenpa, Pema Gatsbel in the eastern part of Bhutan. She has completed four rigorous three-year meditation retreats, demonstrating exceptional commitment to her spiritual practice. Anim Jamyang Pemo received her teachings and



spiritual guidance under the esteemed Gyeltshen Trulku Rinpoche, a prominent figure in Bhutanese Buddhism known for his extensive contributions to monastic education and meditation training. Under his mentorship, she has cultivated profound knowledge and experience in meditation, enabling her to guide and support other practitioners on their spiritual journeys.