



Tibetan Monks Return to St Michael's Prep School

On Monday 11th February children from St Michael's Prep School welcomed back Tibetan monks, Venerable Tsering Phuntsok and his nephew, Tsering Tashi who are visiting the Island again from the 4th to 25th February 2019.

Venerable Tsering Phuntsok and Tsering Tashi addressed Year 3 to Year 8 children at their school assembly after which the two monks spent further time with Year 6 pupils, who are currently studying Buddhism as part of their humanities curriculum. During the assembly and following these lessons Venerable Tsering Phuntsok and Tsering Tashi were able to share their insights on the importance of kindness, compassion and generosity with the children.

Headmaster of St Michael's School, Mike Rees, said, "We took great pleasure in welcoming Venerable Tsering Phuntsok and Tsering Tashi back to St Michael's School. They have an inner peace and calm about them, and kindly afford our pupils the opportunity to hear them speak about their faith and experiences which is both inspiring and uplifting."

Venerable Tsering Phuntsok is a Lama, which is the title for a teacher of the Dharma in Tibetan Buddhism. He has recently received further training from his Holiness the 14th Dalai Lama and has been in retreat for three months since then passing on those teachings at a monastery in the Northern Himalayan Region of Nepal. Each year Venerable Tsering Phuntsok spends several months travelling around the USA and Europe teaching in universities and colleges providing spiritual guidance and instruction to the students.

As a spiritual teacher and monk by vocation, he is prohibited from owning any worldly possessions or earning any income. Any donations that he receives go towards covering the running costs of his centre in Kathmandu where he supports several children as his own and offers retreats, shelter and counseling for those in need Venerable Tsering Phuntsok also runs a project in the Himalayan region of Nepal on the border with Tibet preserving Tibetan Buddhism and Tibetan culture, which he is passionate about.

Ends

Further Information on the Visit to Jersey

During their visit, Venerable Tsering Phuntsok will be giving a talk, meditation workshops and one on one tuition for spiritual growth.

Wednesday 13th February: CCA Gallery, 5 - 7pm: Venerable Tsering Phuntsok will share his insights with a meditation and talk on kindness and generosity. Places for the evening are strictly limited and must be booked in advance through:

<https://www.justgiving.com/crowdfunding/ventseringphuntsok>

Saturday 9th and Saturday 16th February: Kalimukti Yoga Centre, Studio 1, West Centre, St Helier, 2.30 - 4.30pm: Meditation workshops

Wednesday 13th and Wednesday 20th February: One to one counselling, meditation and advice available. To arrange a forty five minute private meeting, contact The Orchard Chiropractic and Health Centre, St Helier, Telephone: 01534 876510

For further information on these sessions or to arrange a private audience with Venerable Tsering Phuntsok, contact Juliet at jf@acupuncture-clinic.info