



# Girl Power: Nuns' Proclamations of Self-Empowerment at Tekcholing Nunnery, Nepal

Renée L. Ford

Jeudi 22 Janvier 2026

18h00-19h30

[Zoom: shorturl.at/kmvO1](https://shorturl.at/kmvO1)



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## Résumé :

Tibetan Buddhist monastic communities are rapidly adopting to contemporary life through major shifts in their education, international engagement, and roles in the larger Buddhist communities. Tekcholing Nunnery in Kathmandu, Nepal is one piece of a larger international Karma Kagyu Buddhist organization started by Khenpo Tsultrim Gyamtso. The nuns living at Tekcholing Nunnery hold a valuable responsibility for the community as they not only cared for their teacher and conduct daily rituals for the international group but also demonstrate how they cultivate and express confidence. Join us to understand how nuns express their sense of self-confidence.

## À propos de la conférencière :

Renée L. Ford is a Lore Agnes Fellow at Ruhr Universität Bochum and focuses on meditative practices in the Tibetan Nyingma Buddhist tradition. She engages in multimodal approaches to her research such as film, texts, interpersonal interviews, and digital humanities. Currently, she focuses on Longchen Rabjam (1308 - 1364) commentaries on earlier Great Completeness texts. Renée also teaches at the University of Denver.