

# BRAIN WAVES

## CREATIVE CALLINGS



**In Celebration of the 115<sup>th</sup> National Day**

An Initiative of Samtse College of Education  
and Samtse Dzongkhag



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No matter what task you are assigned with or whatever responsibilities that you need to shoulder, give it your best! No matter how trivial or inessential that task seems as long as it has been assigned to you, you need to carry it out with due diligence and give it a 100%.

- Druk Gyalpo Jigme Khesar Namgyel Wangchuck

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# FOREWARD

It has been a delightful experience to be a part of this pioneering initiative undertaken by Samtse College of Education and the Education sector of Samtse Dzongkhag. The publication of this second issue of our annual publication, Brainwaves: Creative Callings is the product of this collaborative effort resulting in the compilation of creative entries contributed by aspiring young writers from various schools under Samtse Dzongkhag. This initiative was conceived to provide a platform for the students, teachers and other officer-goers of Samtse Dzongkhag to not only showcase their creative ideas within the genre of their choice but also to express their love and gratitude towards our Beloved Kings and nation in general.

This year's publication themed, "Our Future, Our Responsibility" is in commemoration of the 115th National Day Celebration, an auspicious occasion to get glimpses of the reflections of the citizens of Samtse Dzongkhag as they dwell on the different roles and responsibilities that they would like to take up in the future. It is a heartwarming and fulfilling experience to go through the sublime thoughts of our students put down in eloquent language. As a reader, one can sense the positivity, hope, love, gratitude and a sense of pride in being a Bhutanese expressed in all its innocence.

I am hopeful that the main aim of this open competition to 'instil a sense of patriotic duty towards nation building and citizens' responsibility in the promotion of a sovereign and prosperous nation' has been achieved with active participation by calling upon all the schools and public to participate in this creative writing competition.

I would like to congratulate those of you whose writings have been selected for this e-publication and extend my deepest appreciation to all those who took part in the Competition. I remain hopeful that this endeavour would help motivate and encourage our students to develop their sense of creativity and hone their writing skills. I look forward to seeing active participation from all agencies in helping us carry forth this unique initiative as a part of the National Day Celebration in Samtse Dzongkhag year after year.



Passang Dorji

Dzongda

Samtse Dzongkhag



# FROM THE PRESIDENT'S DESK

Samtse College of Education in collaboration with Samtse Dzongkhag Education Sector is pleased to release the second issue of BRAINWAVES: CREATIVE CALLINGS, which is a result of a partnership initiated in 2021 to commemorate the National Day Celebration in Samtse Dzongkhag. Aligned with the current restructuring and transformation of the civil service and education reform in the country, the Creative Writing Open Competition for 2022 has been organised on the theme “Our Future, Our Responsibility”.

This initiative was conceived with an objective to provide a platform for young school students, our future leaders and custodians of the country to unleash and unlock their creative writing potentials and pay tributes to our benevolent Kings for their selfless leadership inspired by the Bodhisattva wisdom and compassion. In 2021, the participation was limited to school students under Samtse Dzongkhag and the students of Samtse College of Education. For 2022, we have created an open category for adults extending the opportunity for participation to civil servants, corporate employees and community members in Samtse, and have also added a video essay as a new genre of creative expression. We hope that such opportunities to engage in creative compositions to commemorate and celebrate occasions such as a National Day will leave behind an indelible legacy that can be cherished and treasured beyond the 115th National Day Celebration.

In an age when young Bhutanese are increasingly dissuaded, distracted, and influenced by foreign cultures and lifestyles, such opportunities and platforms to harness and celebrate their creative intellect and imaginative potentials can help them to be more mindful and aware of the values and significance of such national events thus instilling a deep sense of nationalism and loyalty to the King, Country, and People. We are also hopeful that this kind of initiative would help foster a sense of ownership in the celebration of special national events such as a National Day. The feelings of positivity and optimism; responsibility and accountability; commitment and determination to pave a future that is better, secure, and safer, articulated quite eloquently by the young budding writers are very reassuring and heartwarming.

From a total of 34 schools in Samtse Dzongkhag and the open category participation open to college students, civil servants, corporate employees and community members, the competition saw a total of 18 video essay entries, 376 entries in English, and 38 entries in Dzongkha. Samtse College of Education would like to extend our heartfelt gratitude to DASHO DZONGDA for his patronage, Samtse Dzongkhag Education Sector officials and School Principals for their support in the overall coordination of this initiative, and our most valuable writers – the school students for their participation.

We hope you enjoy reading this issue of the publication. Happy 115 National Day!



Rinchen Dorji, PhD

President

Samtse College of Education



༼ སྙན་ཕྱོང༽



## མི་སེར་གྱི་འགན་ཁུར།

དགའ་བ་སྦྱིད་པ་ཡོད་པའི་འབྲུག་ཡུལ་འདི། །  
གཏན་ཁུར་ཞིང་ཁམས་བརྩམ་སྟེ་བཞག་ཐབས་དང། །  
མ་འོངས་དཔལ་འབྱོར་སྦྱིང་སྦྱིང་བཅོ་ཐབས་ལུ། །  
མི་སེར་རེ་རེ་བཞིན་གྱི་འགན་ཁུར་ཡིན། །

ན་གཞོན་དང་བཅས་ཚུ་གིས་འགན་ཁུར་འདི། །  
ཤེས་རིག་ཡོན་ཏན་ལེགས་ཤོམ་སྦྱང་ཞིན་མ་ལས། །  
མི་དབང་མཆོག་དང་རང་སེའི་ཕ་མ་དང། །  
གཞུང་ལུ་ཕྱག་ཕྱིད་ལུ་ནི་མཐོ་བསམ་བཏང། །

རྒྱལ་ཁབ་གཙང་སྒྲགས་ཐོག་ལུ་བཞག་ནི་ཡང། །  
མི་སེར་ཡོངས་ལུ་ཕོག་པའི་འགན་ཁུར་ཡིན། །  
རང་གི་ཕྱགས་སྒྲིགས་ག་ལྟོ་མ་བཞོ་བར། །  
བདག་འཛིན་ག་དེ་དག་ང་འཐབ་གནང་ལུ། །

ཤེས་རིག་ཡོན་ཏན་སྦྱང་པའི་སློབ་ཕྲག་དང། །  
གཞུང་དང་སྒྲེར་གྱི་དབྱ་ཁྲིད་མཛད་མི་ཡོངས། །  
རྒྱལ་ཁབ་རང་དབང་རྟག་བྱ་གནས་ཐབས་ལུ། །  
སྤར་ལས་ལྷག་སྟེ་ཕྱག་ཕྱིད་ཞབས་རྟག་ལུ། །

སློན་ལམ་ཆོད་བང་འདི་ ཤར་ཕྱོགས་པད་མ་དགའ་ཚལ་ལས་ཡིན། ཁོ་ནོར་བྱ་སྒྲུང་སློབ་གྲྭ་ཁྱེ་བའི་ནང་ སློབ་རིམ་ །  
པའི་ནང་དཔེ་ཆ་ལྟ་བུ་ཡིན། ཁོ་གིས་ ཏུས་ཆོད་འཐོབ་པའི་སྐབས་ལུ་ སྤང་དེ་བ་ལྷག་ནི་དང་ ཞབས་ཁྲ་འཐོན་ནི་ལུ་སློབ་  
ཡོད་པ་ཡིན་མས། ཁོ་གི་ཤུལ་ལས་ ཏུང་དཔོན་འབད་ནི་རེ་བ་འདྲག།

## སྒྲིབ།

ཉན་ཅིག་མཉམ་རྟགས་གཞོན་པ། །  
 གསན་ཅིག་མཉམ་རྟགས་གཞོན་པ། །  
 ས་དཔལ་ལྷན་འབྲུག་པའི་རྒྱལ་ཁབ་འདི། །  
 སྒྲུལ་ཕྱོད་གྲུ་རུའི་སྤྲུལ་གནས་ཡིན། །  
 ས་ཕྱིན་སྒྲུབ་ཅན་གྱི་གནས་འདི་ནང་། །  
 རྒྱུད་ཕྱགས་སྤྲིགས་ཆར་པ་བཟུམ་བཞུག་མི་འདི། །  
 རྒྱུད་སྒྲོ་རིག་རྒྱུད་པའི་རྟགས་ཡིན་སྒྲོ། །  
 རྒྱུད་འབད་བཞག་ངན་མ་ཡིན་མ་ཟེར་མ་སྒྲོ། །

ང་སྒྲོ་རིག་མཁས་ལྷགས་བཤད་དགོ་ག། །  
 ང་སྒྲོ་རིག་མཁས་ལྷགས་བཤད་དགོ་ན། །  
 ཡང་དང་པའི་ལག་ཁྱེར་སྒྲོམ་གང་ཡོད། །  
 རྒྱུད་སྒྲུན་རྒྱུད་བུམ་བཟུམ་གནས་མ་སྒྲོད། །  
 ང་ཕྱགས་སྤྲིགས་སྒྲོམ་ནང་བསྐྱམས་མ་བཞག། །  
 ཕན་མ་མེད་པའི་ཕྱགས་སྤྲིགས་འདི་རྒྱ། །  
 སར་མ་བཞུག་བཙུག་ཅེ་ཟ་ན་རྒྱུད། །

རྒྱུད་ཡོན་ཉན་ཡོད་པ་མི་བརྟུབ་པས། །  
 ཕྱི་འབད་བཞག་བཅའ་བཞག་ལེགས་ཤོམ་དགོ། །  
 ཕྱི་རོ་རིས་ལེགས་པ་མི་བརྟུབ་པས། །  
 རྒྱུད་མཐོ་བའི་བསམ་པ་བཟང་དགོ་པ་ཡིན། །  
 རྒྱུད་མཁས་ར་མཁས་ཟེར་བ་ཅིན། །  
 ད་ལྟུ་ཆར་ཅིག་སྤྲིག་གསན་ད། །

རྒྱུད་དོན་མེན་ཏི་རུ་བར་སྒྲོར་བཤང། །  
 ཁ་དལ་བའི་ལག་ཟས་ཟ་འདི་གིས། །  
 ཕྱི་ཕགས་གོ་ག་རྒྱུད་བཞུག་མི་འདི། །  
 རྒྱུད་ཡོན་ཉན་མཁས་པའི་རྟགས་ཡིན་ན། །  
 ཏི་རུ་ཏི་རུ་ཟེར་མི་འདི། །  
 གནས་ལས་འབབ་པའི་ཆར་པ་འདི་མེན། །  
 ལན་ཅིག་ལག་པར་འཐོབ་ད། །  
 རང་གཟུགས་ཁམས་སྤྲིང་སྤྲི་བཞག་ཐབས་ལྟ། །  
 རོ་བརྟུད་དང་ལྷན་པའི་ཟས་ཟ་དགོ། །

རྒྱུད་རྒྱུ་མ་རྒྱུགས་རྒྱུ་ཆོད། །  
 རོ་བརྟུད་ལྷན་པའི་ཟས་ཡིན་མས། །  
 རྒྱུད་རྒྱུ་རྒྱུགས་པའི་རྟུས་ལྟ། །  
 འདི་རྒྱུ་ག་ར་ཕྱགས་སྤྲིགས་ཡིན། །  
 ཕྱགས་སྤྲིགས་བཟོ་ན་མི་བཟོ། །  
 དབང་ཆ་རྒྱུད་ལུ་ཡོད་ས་དབའེ། །  
 ཆ་བཞག་དོ་ས་ཆ་བཞག་དོ། །  
 སྤྲིག་རྒྱུད་ལུ་ཆ་བཞག་དོ། །

ཕྱི་བཟླ་བའི་རོ་རིས་ལེགས་པའི་ཁར། །  
 རྒྱུད་མཐོ་བའི་རིག་པ་མཁས་པས་རྒྱུད། །  
 འཕྲལ་རྒྱུད་ལས་འཐོབ་པའི་ཡོན་ཉན་འདི། །  
 ད་དམངས་ལུ་གསོལ་བ་བཏབ་དགོ། །

རང་གི་བཟོ་བའི་ཕྱག་སྒྲིག་པ་འདི།  
བདག་འཛིན་རང་གིས་འབད་དགོ།  
ང་བཅས་འབྲུག་པའི་རྒྱལ་ཁབ་འདི།  
ཞིང་ཁམས་བརྒྱུ་སྤེལ་བཟོ་ཞིན་པ་ལས།  
ང་བཅས་མི་མེད་འདི་རྒྱ་ཡང་།  
དགའ་སྤྱིད་ངང་ལུ་སྡོད་གོ་ས།

ལས་རབ་དཔལ་མོ་འདི་ བྱམ་ཐང་ལས་ཡིན། གོར་བྱ་སྤངས་སྟོབ་ལྷ་  
 རྟེ་པའི་ནང་ལུ་ སྟོབ་རིམ་ ༧ པ་ནང་དཔེ་ཆ་ལྟར་ཡིན། མོ་གི་སྟོ་  
 བ་འདི་ ཞབས་ལྷ་འཐེན་ནི་དང་ སྤང་དེབ་ལྟར་ནི་ ཉེ་ལས་ ཅུས་  
 ཚོད་ཐོབ་པའི་སྐབས་ལུ་ གྲོག་བརྟན་བཟུ་ནི་ཡིན། མོ་བྱལ་ལས་  
 སྤང་འཚོ་འབད་ནི་འི་རེབ་འདུག །



སྐྱེས་ཚལ་མཛོས་པའི་ལྗོངས།

སྐྱེས་ཚལ་མཛེས་པའི་ལྗོངས་ལུ།  
སྐབས་མགོན་ལྟ་དང་འདྲ་བའི།  
ཆོས་ཀྱི་རྒྱལ་པོ་རིམ་འབྱོན།  
འབྲུངས་མ་ལས་སྐལ་བ་བཟང་མོང།

འབངས་འཁོར་གྱི་བསོད་ནམས་ལས། །  
གསེར་གྱི་སྒྲིང་ལུ་ཕེབས་སོང་། །  
སྤྱག་པའི་མི་སེར་ཡོངས་ཀྱིས། །  
སྤྱན་པ་གསལ་བར་དགའ་སོང་། །

ཅ་རིག་ནས་དང་འདྲ་བའི། །  
སྒྲིན་སྒྲིངས་འབྲུག་ཡུལ་འདི་ནང། །  
བཀའ་སྒྲིམ་སྒྲུག་བསྐལ་མེད་པར། །  
མི་སེར་བདེ་སྤྱིད་སྒྲིངས་ཡོད། །

མངའ་བདག་ས་ཡི་ཚངས་པ། །  
འཇིགས་མེད་སངས་དབང་ཕྱུག །  
བག་པེབས་རི་དྲགས་པོ་མོ། །  
ལུང་རྩོགས་རྒྱན་དུ་ལེགས་སོ། །

མི་དབང་མཆོག་གི་མཛད་བྱ། །  
 རྣམ་མཁའི་མཐའ་དང་མཉམ་ལས། །  
 མི་དབང་རྒྱལ་པོའི་སྙན་གྲགས། །  
 འཛམ་གླིང་ཡོངས་ལུ་བྱབ་ཡོད། །

མི་དབང་རྒྱལ་པོའི་བཀའ་སློབ།  
 སྤྱི་གཙུག་འདུག་ལུ་བཀའ་ཏེ།  
 འགན་ཁུར་ཤིང་བུམ་འབག་མི།  
 བ་གཞོན་ཚུ་ལུ་ཕོག་པ་ཡིན།

ཀམ་དོ་ཐོ་ཐོ་ཡ་འདི་ རོ་རོ་འ་སློབ་གྲུ་མེ་བ་ནང་ སློབ་རིམ་ ༡༩  
 པ་ནང་རིག་ རིག་གཞུང་ལྷ་མོ་ཡིན། ཁོ་སྤང་དེ་བ་ལྷ་ག་ནི་དང་  
 གསལ་རྩམ་འབད་ནི་ལུ་ སློབ་སློམ་ཡོད་པའི་ མི་རིམ་ཅིག་ཡིན།  
 དཔེ་ཆ་ལུ་ཡང་ ལེགས་ཤོམ་ཡོད་པའི་གྲ་ འགན་ཁུར་དང་འགན་  
 འཁྲི་ཚུ་ཡང་ ག་ཅི་བབུམ་ཅིག་བྱིན་ཅུང་ འབུམ་ཤོར་མེད་པར་འབག་  
 ཚུགས་པའི་ སློབ་མཁུ་གི་འབུམ་དཔོན་ཅིག་ཡིན།



## ཆོས་དང་ལྷན་པའི་འབྲུག་ཡུལ།

ཆོས་དང་ལྷན་པའི་འབྲུག་ཡུལ་ནང། །  
རྒྱལ་བ་འདྲ་བའི་རྒྱལ་པོ་འབྲུངས། །  
འབངས་ལ་སྦྱོང་སྦྱུག་གཟིགས་ཐངས་འདི། །  
ལུན་པ་སེལ་བའི་འོད་ཟེར་ཡིན། །  
  
འབྲུག་ཡུལ་འདི་ནང་བཞུགས་པའི་མི། །  
བསོད་ནམས་སྟོང་སྟེ་བསགས་བསགས་པ་ཡིན། །  
གཞན་ལུ་བསམ་བཟང་བསྐྱེད་ནི་དང། །  
རྒྱལ་གཅེས་ཤ་ཞེན་ཡོད་མི་ཡིན། །  
  
མི་ཆེ་ཉེ་མ་ཆོགས་བསགས་པ་ལས། །  
ད་སྟོང་འབྲུག་པའི་མི་སེར་སྟེས། །  
རྒྱལ་པོའི་ཕྱག་ལུ་མཇུག་ཐངས་འདི། །  
འབྲུག་མི་ཡོངས་ལུ་དཔེ་སྟོན་ཡིན། །  
  
ཕྱགས་བཞེར་ཡོད་པའི་མི་སེར་ཚུ། །  
རྒྱལ་ཁར་སྐྱར་ཉེ་མ་བཞག་པར། །  
དུས་རྒྱུན་རང་གི་ཨ་ལོ་བཟུམ། །  
རྒྱལ་སྐྱོར་ཇི་ལ་བུམ་གནང་སྟེ་ཡོད། །  
  
ནད་ཡམས་འབྱུང་བའི་གནས་སྐྱངས་ནང། །  
སངས་རྒྱལ་དངོས་སུ་བྱོན་བྱོན་པ་བཟུམ། །  
ཉིན་མཚན་དབྱེར་མེད་གཟིགས་སྐྱོར་གནང། །  
མི་དབང་མཆོག་ལུ་བཀའ་བློན་ཆེ། །

ཆར་པ་དང་ཉིམ་ལུ་མ་ཆེར་བར། །  
ནད་ཡམས་ཐོབ་མི་མི་སེར་ལུ། །  
སྐན་དང་བཟའ་འཐུང་དུས་རྒྱུན་གནང། །  
བུ་གཞི་བཟུམ་འབད་བདག་འཛིན་འཐབ། །

བཙུན་མོ་དང་སྐས་རྩ་བ་གོ་བཞག་སྟེ། །  
ནད་གཞི་བཀག་ཐབས་མཇུག་ནི་ལུ། །  
ས་རུད་དང་རྩ་རུད་འཐོན་སར་དང། །  
ས་མཚམས་མཐའ་དབུས་མེད་པར་འབྱོན། །

གྲོང་གསེབ་མཐའ་དབུས་ཞབས་ཀྱིས་བཅགས། །  
མི་སེར་ཡོངས་ཀྱི་དཀའ་ངལ་སེལ། །  
བདེ་སྤང་བརྒྱ་དང་སྟོང་འབད་བཙུགས། །  
ནམ་ཡངས་མི་བཟླེད་དགའ་ཆོར་ཡོད། །

མ་འོངས་འབྲུག་པའི་རྒྱལ་ཁབ་འདི། །  
ན་གཞོན་རྩ་གི་ལག་པར་ཡིན། །  
མི་དབང་བྱགས་དགོངས་བསྐྱབ་ནི་ལུ། །  
ཕྱག་ཕྱིད་གང་ཟག་ཞུ་ནི་ཡིན། །

མ་འོངས་འགོ་འཁྲིད་པ་ན་གཞོན་ཡིན། །  
ལུ་རྩ་གཅིག་མཐུན་ཐོག་ལས་འབད། །  
མཐོ་བསམ་གཅིག་སྟེ་བཏང་སྟེ་གིས། །  
རྩ་བ་གསུམ་ལུ་ཕྱག་ཞུ་གེ། །

སྒྲིལ་གྱི་སྒྲོན་ལམ་རྒྱ་ཆེན་ཡལས། །  
 རྒྱལ་པོ་རིམ་བྱོན་ལྷ་སྤྱལ་བྱོན། །  
 དཔལ་ལྷན་འབྲུག་པའི་རྒྱལ་ཁབ་ནང། །  
 མི་སེར་དག་འཁྱམས་སྦྱིད་ཉམས་ཡོད། །

མི་དབང་སྐྱེ་ཆེ་རྒྱལ་པོ་རིང། །  
 དག་འབའི་ཉི་མ་ཤར་བར་ཤོག། །  
 རྒྱལ་ཡོངས་དྲུས་ཆེན་ཉིན་མ་འདི་ལུ། །  
 བཀྲ་ཤིས་བདེ་ལེགས་ལུ་ནི་ཨིན། །

བདེ་ཆེན་དབང་མོ་བློ་ཡ་འདི་ རྩོམ་སྒྲོན་གྱི་ལྷོ་བའི་ནང་ སྒྲོན་  
 རིམ་ ༡༩ པ་ ནང་ རིག་གཞུང་དཔེ་ཆ་ལྷན་ཨིན། ཁོ་སྤྱན་རྩོམ་  
 གྱི་རིགས་ གསར་རྩོམ་འབད་ནི་དང་ རྩོམ་འབད་འབྲེལ་བའི་དཔེ་  
 ཆ་ལྷན་ནི་ལུ་སྒྲོན་སྒྲོམ་ཡོད་མི་ཅིག་ཨིན།



## སྤྲོད་བཀའ་ཤར་པལ་རྩོམ།

ཆེ་སྒྲོན་ལས་ཀྱིས་བསོད་ནམས་བསགས་པ་དགའ། །  
 ད་རེས་མི་ལུས་ཐོབ་ནས་ལོ་ན་ཆས། །  
 མཁས་པའི་མི་རྩུ་དམ་པའི་ཆོས་རྣམས་མཇལ། །  
 ལྷན་པོ་རྣམས་ནི་ས་གཞི་རྒྱ་ལོ་རྩུ་འཇལ། །  
 རང་ཉིད་འཇིག་རྟེན་ལྷན་མོ་བཟླ་ལ་དགའ། །

སྤྱན་མེད་མི་རྣམས་རྒྱ་ལོ་རྩུ་ལོ་བ་བསྐྱེད། །  
 འཆར་གཞི་མེད་པའི་བཟའ་ཆང་བུ་གཞི་སྐྱེས། །  
 སྤྱིགས་མེད་མི་རྣམས་འཇིག་རྟེན་ཀྱན་གྱིས་སྦྱད། །  
 རང་གཞན་གཉིས་ཀ་རྩུབ་མོའི་ཆོག་གིས་སྦྱས། །  
 དིན་ཅན་སྤྲོ་མ་བདག་ལ་དགོངས་ཤིག་གྱེ། །  
 རྩོགས་རིས་མེད་ན་གོང་མ་དང་འོག་མ་འཆམ། །  
 བརྩོན་འགྲུས་མེད་ན་སྒྲོན་པ་ལྷན་འཁོར་བ་འབྱམས། །  
 རན་ལྷན་མེད་ན་ཁྲིམས་དང་མི་སེར་མཐུན། །  
 དམ་ཆོག་བསྐྱེད་ན་འཇིག་རྟེན་གཉིན་གྱིས་མཐུན། །  
 ར་རྒྱལ་མེད་ན་མི་སྤྱེ་ནང་དུ་འཆམ། །

འཇམ་དབྱངས་སྤྱན་རྩོམ་འདི་ གསར་རྩོམ་ཆོས་སྤྱིང་འབྲིང་རིམ་  
 སྒྲོན་གྱི་འོག་མའི་ནང་ སྒྲོན་དཔོན་འབད་ལྷན་ལུ་བའི་བསྐྱེད་ཡོད་པ་  
 ཨིན། ཁོ་སྤྱན་རྩོམ་འབྲི་ནི་དང་ འཆར་སྤྱང་འབྲི་ནི་ནང་ སྒྲོན་ཡོད་པ་  
 མ་ཚད་ དང་སྤྱི་ལོ་རྒྱུས་རྩུ་ཡིག་ཐོག་ལུ་བཀོད་ནི་ལུ་ཡང་ སྒྲོན་  
 སྒྲོམ་ཡོད་མི་ཅིག་ཨིན། ཁོ་གིས་ རྩོམ་འབྲི་གི་དཔེ་ ༩ རྩོམ་གྱིས་  
 འབད་ཡོད་པ་ཨིན། །

## འབྲུག་མིའི་བསམ་སྒྲིག་འགྱུར་བ།

དུས་ནི་མི་འགྱུར་མི་ནམས་འགྱུར་མ་ཡིན་ཟེར། །

སྔོན་ལས་གོ་རུང་དངོས་སུ་མཐོང་མ་མྱོང། །

ད་རེས་མཐོང་ཆོ་རུང་གི་གདོང་ཁར་མས། །

གནས་སྐབས་གསར་རྟིང་དབྱེ་བ་ཞུ་གོ་ལགས། །

སྔོན་དུས་ལྟ་ཁང་མཆོད་རྟེན་བཞེངས་པའི་ཆོ། །

ཕྱག་པོའི་གཏམ་སྙན་ཡོངས་ལུ་བྱབ་སྟེ་འདུག། །

ད་རེས་ཤ་ཁང་ཆང་ཁང་ཆོང་ཁང་དང། །

སྒྲི་ཁང་མང་རབས་རྒྱབ་ན་ཕྱག་པོ་ཡིན་མས། །

ལྟ་ཁང་མཆོད་ཁང་ཕྱག་མཆོད་ཕུལ་ནིའི་ཆབ། །

ཤ་ཁང་ཆང་ཁང་ཆོང་ཁང་ཐོལ་མང་རབས་འཐབ། །

དབང་དང་ཆོས་ཞུ་ཆོས་བརྩམས་མེད་མི་དགོན། །

སྒྲི་བཏོན་ཁང་ནང་མི་སྒྲོབས་མང་སུ་མཐོང། །

ལག་པར་བྱེད་མ་གྱི་ཆབ་ལུ་འགྲུལ་འཕྱིན་བཤེད། །

ཁ་ལས་མ་ཞིའི་ཆབ་ལུ་བཤད་ཐོ་མང། །

ཆོས་བཤད་ལས་རིམ་འགྲུལ་འཕྱིན་ཐོག་ལས་ཉན། །

སྒྲི་སྒྲོབ་དཔོན་ཚུ་ལུ་སྐར་པ་བཏབ། །

སྒྲི་ལུ་ལྟ་ལྟ་གསོལ་མཆོད་ཕུལ་ནི་དང། །

རིམ་འགོ་འབད་མ་ལས་སྒྲིས་སྟོན་སྟོན་སྟོན་མང། །

སྒྲི་རྟེན་གསུང་རྟེན་སྙན་དར་ཕུལ་ཕུལ་མས། །

འགྲུལ་འཕྱིན་རྩིས་ཁ་བསྐྱར་སོའི་རྩིས་ཤོག་མང། །

གཞུང་སྐད་རྫོང་ཁ་ཁག་ཆེན་ཡིན་མ་ཤེས་ཟུ། །

ཨ་ལོ་རྒྱུ་ཀྱའི་བསྐྱང་ལས་ཡིན་སྐད་སྟོན། །

གྲོན་ཆས་བགོ་དང་དགྱི་ར་ཡར་ར་བཞག། །

དོར་མ་དང་ཁེན་ར་ཡོད་རུང་སྟེད་དེ་གྲོན། །

སྔོན་དུས་གངས་ཁོང་རི་ཁོང་འགྱིམ་ཏེ་གིས། །

སྐྱ་གཟུགས་འཇའ་ལུས་གྲུབ་ནི་བཙོན་རུང་རང། །

ད་རེས་ཨར་རྒྱན་འཕྲོག་བཙོམ་འཛིང་འཁྲུག་གིས། །

བཙོན་ཁང་སྒྲོམ་རུང་དེ་ནང་མི་མ་ཤོང། །

རྒྱལ་ཁབ་རང་བཙོན་མ་ཉམས་སྦྱིང་ཐབས་དང། །

དགའ་སྦྱིད་སྤར་ལས་གོང་དུ་འཕེལ་ཐབས་ལྟ། །

གོང་གི་ཆོག་དོན་ཐུགས་ལུ་བསྐྱམ་ཞིན་མ་ལས། །

ལེགས་ཉེས་ཁྲུང་དོར་རྒྱལ་བཞིན་མཇོད་ན་ལེགས། །

ཀྱན་བཟང་འཕྱིན་ལས་འདི་ ཉེ་མ་ལས་ རྫོང་ཁའི་ཆོས་ཆོན་ལུ་ སྒྲི་  
བ་འཐབ་བསྟེན་དེ་ འཕྱི་ལྷག་ཉན་སྒྲུབ་ལུ་ བཙོན་འགྲུས་བསྟེན་མི་  
ཅིག་ཡིན་པས། སྒྲི་བ་རིམ་རྒྱུང་བ་དང་གོང་མ་ མཐོང་སྒྲི་བ་སྒྲུབ་ཀྱི་ནང་  
ལས་ཡར་ རྩིས་རིག་དང་འབྲེལ་བའི་ འགྲན་བསྐྱར་རྒྱ་ནང་བཅའ་མར་  
གཏོགས་ཏེ་ ཡང་དང་པ་དང་གཉིས་པའི་ གཟེངས་བསྟོན་གྱི་ལག་བྱེད་  
དང་ གསོལ་རས་རྒྱ་ཡང་ ལེ་ཤ་རང་འཐོབ་སྟེ་ཡོད་པ་ཡིན། དེ་མཆོད་  
འབྲུག་གི་སྐད་ཡིག་རྫོང་ཁ་ཡར་རྒྱས་གཏང་ནི་འདི་ ཀྱན་བཟང་ཁོར་གི་  
སྒྲི་བ་དང་ མི་ཆེད་རེ་བ་སྒྲོམ་ཤོས་ཅིག་ཡིན་མས། སྒྲི་རོ་ཤེས་རིག་མཐོ་  
རིམ་སྒྲོབ་གྲུབ་ལས་ མཐར་འཁྱོལ་ཞིན་མ་ལས་ སྒྲོམ་གྱི་འབྲིང་རིམ་  
སྒྲོབ་གྲུ་གོང་མའི་ནང་ རྫོང་ཁའི་སྒྲོབ་དཔོན་འབད་ ཕྱག་ཞུ་བའི་བསྐྱར་  
ཡོད་པ་ཡིན་མས།





# POEMS

Key Stage I

## My King

You built Bhutan. I will help you.  
When I become big,  
I will become your guard.  
Becoming a Police is my ambition  
I will protect you, My King.  
I will save our country.

When I see you on television.  
I like to meet you  
But I am small.  
When I become big, I will become a Police  
Officer  
Then I will meet you.  
For now, I will keep you in my heart.

- Tshering Gyeltchen, Class II, Chongzhu Primary School,  
Tashicholling, Norgaygang.



## Advice from an 8-year old

Be kind to People  
Respect our Nation  
Respect our King  
And protect all the young ones.

Don't smoke and fight with each other  
If you want to see a future bright  
Just now you can work  
For a good thing and not bad.

If you love your country,  
do something good.  
For our King and the country,

be a good person.

I will see you and I will learn from you.

- Januka Rai, Class II, Sengdhyen Lower Secondary  
School. Januka is a bright student and she loves reading  
and writing.



## SHE

She tries to be perfect,  
Whatever role is forced upon her.  
Being a daughter, sister or wife,  
She gives her best in everything.

They are blind to see our gifts,  
As caregivers, time givers, and advice givers.  
We smile with strength through our sorrows.  
These scars are our battle scars,  
For we are all amazing beings.

Yet, she is judged!  
For her hair, for her clothes,  
For her looks and every tiny detail.  
They say being sexy is the new cool,  
And she's a victim of that stereotype.

She tries to be perfect.  
Whatever role I forced upon her.  
Be it a friend, daughter or sister,  
She gives her best in everything.

- Kelxang Yuden Phuntsho, Class II A, Yoseltse Middle  
Secondary School. She is good in academics as well as in  
non-curricular activities. She is a talented and creative  
student. She has a good reading habit and participates  
in literary activities in the school.

## My King, My Country and My People

My King is my hero  
Who lifts my country from zero  
We are all blessed with living Gods  
For we are born in a heavenly abode.

My country is a dreamland for millions  
She has the strength to live for trillions  
We all live in peace  
For she gives us ease.

We are known as Bhutanese  
We are known for our mindfulness  
We all believe in Tsa-Wa-Sum  
Pray for my King, Country and People.

– Jamyang Ugyen Yoesel, Class III, Namgaycholing Primary School. She participates actively in many literary activities and competitions in the school. She is a hard-working student who exhibits enthusiasm in different activities besides excelling in academic performance.



## Our King

Our King is Jigme Khesar Namgyal Wangchuck  
He is our superhero.  
He has gifted us with  
Free education and medical facilities.  
Our King has good relationships

With many others.  
He looks after people,  
Like his own children.  
We love you, Your Majesty!

In future, I will serve our King,  
Country and people.  
As a token of gratitude  
From the depth of my heart.

Thank you, Your Majesty!  
For guiding us.  
Showering us with love and care  
Under your leadership.  
Long live our King!

– Tsherab Yoezer, Class III, Gangthok Primary School. Tsherab loves reading and plans to become a script writer in future. He participates in many literary programs and competitions in school and is one of the friendliest persons in his class.



## My King and Queen

My King is brave like Superman  
My Queen is as gorgeous as Elsa.  
They are very kind, always helping people  
Sometimes my King cooks for his people.

They are the best in the whole world  
And I love them so much that I feel lucky.  
My King and Queen have two cute Gyalseys  
I feel safe and happy because of my King and Queen.



I am thankful to them for everything  
I saw them only on T.V. One day I will go to Thimphu  
To meet my beloved King, Queen and Gyalseys  
Long live Your Majesties, you are loved by all.

– Tandin Tshomo Gurung, Class I B, Peljoring Higher Secondary School.



## Uniqueness of Being a Bhutanese

My country and home is Bhutan  
With big mountains that are like a wall  
It protects us from all wars.

People wear Gho and Kira  
Our beautiful national dress.  
People speak Dzongkha  
Our unique national language.

Ruled by a King  
With the most gentle heart.  
Bhutanese are blessed under His rule  
And we worship Him like a God.

We come together  
We work together.  
We respect each other  
And that is the beauty of being a Bhutanese.

– Pritika Chhetri, Class III, Depheling Primary School. She  
is 10 years old and is from Sangachoeling, Samtse.





# POEMS

Key Stage II

## Study! Study! Study!

My teachers would go  
Study! Study! Study!  
Oh, how I hated it when they said that.

When I got home,  
My parents would say  
Study! Study! Study!  
Oh, how I hated it when they said that.

Oh, how I wish  
I listened to them when they said that.  
Now I am stuck digging out.  
Trash! Trash! Trash!

How did this end up becoming my future!  
Study! Study! Study!

– Lhamo Dolkar, Class V B, Norbugang Primary School.  
She is an enthusiastic learner and a proactive reader.  
Lhamo loves art and exploring new books. She even  
maintains journals and posts videos of her reading  
journey online.



## My Future, My Fault

Oh, how I regret everything!  
It started with a plastic bag and then a bottle  
but I threw it everywhere.

Now our land is polluted, wherever I look  
Everything is a mess!  
People are sick,  
animals are dying.  
And it is all my fault!  
If only I had not thrown rubbish everywhere.  
Now I have only myself to blame.  
Animals have perished; plants are polluted.

Our desires are the main source of these pollu-  
tion  
And soon it will be the cause of our end.  
And it is all my fault!  
But now, it is also my responsibility and my fu-  
ture.

– Sangnga Tshodean Wangdi, Class V B, Norbugang  
Primary School. She loves dancing and is an entertainer  
in the class. She manages time effectively to complete  
tasks on time and contributes to class discussions. Sang-  
nga has shown keen interest in reading, writing and  
participating in co-curricular activities.





## We Were Saved

At this current moment  
I remember, this  
Tiniest monster that  
Troubled everyone around the globe.

Everyone fighting day and night.  
Following safety protocols  
Of social distancing and  
Staying home to save lives.

Every industry, every business  
Were affected by this  
Tiniest monster on earth.  
It did not even spare our schools.

I missed going to school,  
I missed my friends and teachers.  
Overall I missed all the  
Chances of education.

Blessed to be born in Bhutan  
Under wise leaders.  
We weren't disadvantaged by this monster.  
Education continued in full swing.

With the introduction of  
Different plans to involve us,  
We weren't left behind  
By our Great Wise Leaders.

I take this opportunity  
To thank all our Leaders,  
Who saved us from this

Tiniest, yet the deadliest monster – Coronavi-  
rus.

– Meg Raj Ghalley, Class V, Tashithang Primary School.  
Meg Raj comes from a farming family. His subject teach-  
ers describe him as an enthusiastic student. He likes to  
play with his friends during free hours and sometimes  
reads books.



## One Nation, One people

Like the Raven, we fly  
For one day, it'll touch the sky.  
Like the Takin, we stay  
Jumping and leaping in the bay.  
Like the Cypress, we grow  
The difficulties we throw.  
Like the Blue Poppy, we look  
Not even afraid to face the book.  
So, this is who we are  
Thinking and looking very fair  
Don't you mess with us  
Cause you will taste the dust.  
And living in peace  
Full of hugs and kisses  
Led by a King  
Who loves to sing  
That song of peace  
That one dare to miss  
Orange, White, Yellow  
Pelden Drukpa Gyalo!!!

– Ugyen Sherab Jamtsho, Class V A, Samtse Lower  
Secondary School.

## Leadership of the King of Bhutan

A leader is a person, who leads and leaves no one behind.

A leader is a person who teaches us good things.

A leader is a person, who rules with greatness.

A leader is a person who is respectable.

A leader is a person who is helpful.

A leader is a person who saves us from difficulties.

A leader is a person who thinks of his people first.

A leader is like a mask that protects us from COVID-19.

A leader is a person who thinks good.

Bhutan is blessed with great Kings.

A leader is a person with a kind heart and

That's my King

Jigme Khesar Namgyal Wangchuck.

*– Suk Mith Lepcha, Class IV, Bukay Primary School. Suk Mith jss begun her schooling at Bukay PS her pre-primary. She hopes to become a teacher in her future.*



## Our Future, Our Responsibility

We travel to the future,  
Lighted by the torch of education  
Through the path unknown  
To reach the destination,  
Citizens as fortunate as rest,  
To serve the King, Country, and People,  
And take our country ahead,  
Our future, our responsibility.

*– Rinchen Y. Dorji, Class V, Samtse Lower Secondary School.*

## Our King

“The future lies in the hand of our youth”

I always remember the quote when I get up early in the morning  
For Bhutanese citizen's happiness can only shine through the heart of  
the Man with a kind heart.

For me, our King is my green forest  
With fresh air to breathe in the inspiring words.

For me, Our King is fresh water  
With the power to quench my thirst.

With His good deeds for His people and country  
Happiness and peace flourished in Shangri La.  
Everyone is treated equally  
And given equal opportunity to serve the country  
Through his De-suung project.

My King is my heartbeat.  
I will always thank my King in my life  
I will never forget my King.  
I am ready to serve my King and country  
To spread love and happiness in the country.

I always pray for our Kings' good health.  
I can stand on my own feet to make my country  
Prosper with peaceful happiness.

*– Remon Raj Rai, Class IV in Jaringay Primary School. Remon always tries his best to reflect his reading through his writing. He loves reading books from different genres and consulting with his teachers about his writing skills.*



# POEMS

Key Stage III



## My Future, My Responsibility!

It was a sunny day  
When I was walking on  
The streets all alone  
I saw a man  
At the construction site.  
I looked carefully  
And shivered  
For he was an old man  
Sweating under the load  
Of concrete mixture he carried  
I felt sorry for him.  
Then I looked at myself  
And wondered,  
What would MY future look like?  
The thought startled me.  
I was scared.  
Then I remembered my King's advice  
'Your Future, Your Responsibility'.  
But what do I do  
When nothing is clear?  
What should I do?

– Premika Ghalley, Class VIII A,  
Peljoring Higher Secondary School.



## I Foresee My Future

Sitting on the chair  
With my hands on my chin  
Eyes focused on the ceiling  
With my bubble of thoughts playing.

Whose dream shall I fulfil?  
Mine or my parents?  
They want me to be a teacher  
Who makes the younger generation learn.  
But I dream to be a doctor  
Who treats the sick, and saves life to earn.

The thought is stuck in my head  
For I lie confused about what is ahead  
The only thing that I know is my capability  
For my future is my responsibility.

– Chandrika Ghalley, Class VIII B,  
Peljoring Higher Secondary School.



## Dreamers

To sit and dream,  
To sit and read.  
To sit and learn,  
About the stories from afar.

Dreaming across the horizons,  
Seeing a world I have never been.  
Just by sitting in this four-cornered room,  
With a special book, of my own choice.

To all of my fellow dreamers HELP ME!  
I long to venture into a world  
Built with our very own hearts and beautiful  
imagination  
Not sit still in this derelict four-cornered room.

– Tika Ghalley, Class VII, Yoeseltse Middle Secondary School. Tika has been reading varieties of books since childhood, and shows her love for reading by participating in numerous literary competitions. Her teachers describe her as a hardworking student. When she is not busy reading, she enjoys playing football.



# Our Future Lies in Our Hand

We are the ones who are going to sail through  
our life

We are the ones who are going to enjoy the  
time

We are the ones who are going to face an un-  
known future

We are the ones who are meant to take all the  
responsibility

For a better future.

Accept your mishaps with perseverance  
Accept your past without regret  
Accept your present without fear  
Accept your future without being upset.

Our future lies on our footpath  
And it's the responsibility on our head  
What we are doing today  
Is a mirror of our future ahead.

The weapon for a brighter future is Education  
More important than that our imagination.  
We have to be prepared all the time  
For obstacles are part of our life's expedition.

We are the future of our world  
Don't lack the diligence the world seeks.  
Our future needs our hard work  
To carve a future that succeeds.

Our future is our responsibility  
We youths have strong ability  
To take our future responsibility  
Our future lies in our hands!  
Our future lies in our head!

– Jigme Wangdi, Class VIII D, Norbugang Central School.  
Jigme loves reading and writing. He looks at reading as a way to enhance his vocabulary and writing as a way to help him articulate his thoughts.



## What Will Our Future Hold?

Who are we to become?  
Are we to become  
People, who think about their future?  
And care for others?  
Or a heartless and rude person?

If we become responsible humans,  
We heal our motherland, not destroy it.  
Our generations will enjoy  
Life because of you, me and us.

Selfishness and cruelty in us  
May bring short-term happiness,  
Might live a comfortable and luxurious life.  
May prosper and become wealthy today.

But what will our future hold?  
How would they live?  
Where would they find happiness?  
Aren't we responsible?

It's in my hand, in your hand and  
It's in our hands,  
To foresee the kind of future our generation  
holds.  
It is our responsibility, our future.

Today, for my King, country and the earth  
I take a vow to be extra careful of my ac-  
tions.

Inspire people through my humanity  
And take responsibility for our future.

– Karma Wangmo Yoesel, Class VII, Peljorling High-  
er Secondary School. She likes drawing, reading  
books, cooking and visiting sacred places. She just  
started writing poems, and this is her second par-  
ticipation in open writing competitions. She plans  
to continue writing in the future.

## One Nation, One people!

Why do we poke fun at each other  
when we know that we belong to the same nation?  
Why do we despise each other  
when we know that we belong to the same nation?  
Why do we brawl with each other  
when we know that we belong to the same nation?  
Why do we hinder one another's life  
when we know that we belong to the same nation?

We are from the same nation,  
why do you and I make a fuss not to clean?  
We are from the same nation,  
why do you and I squander for stupid things?  
We are from same nation,  
why are you and I not following our nation's priorities?  
We are from the same nation,  
why are you and I being ignorant about our nation?

We are from the same nation,  
Can we not see our nation as how it could be?

– Ugyen Tshomo Sherpa, Class VII A, Samtse LSS.

Ugyen is a 13 year old girl from Dagana. She loves to read books  
about teenagers and loves to watch movies.



# POEMS

Key Stage IV



## Your Future is Growth

The weight of my future awakens me  
 With dazzling alarm in my mind.  
 The Future is ahead  
 Unpredicted and unknown!  
 Time is running into a glimpse with no warnings.  
 It's the youths who write the untold stories of the nearing future.

We are wise not by the recollection of our past,  
 But by the responsibility for our future.  
 Accept responsibility for your life,  
 Know that you are the one  
 Who will get where you want to go.  
 Responsibility is the price of freedom you ought to pay.

Our future is hidden in the deep part of our souls,  
 Our future is waiting for a better voice  
 Among the depths of our ocean.  
 We should strive to do our best, we should strive to achieve success.  
 Many years will go by like the river flowing through the hills.  
 Someday soon we will all become somebody:  
 Some of us will become the next doctors; the next lawyers, maybe even the next scientists.

What we plan today is the success for tomorrow  
 For some of us, the future is still like a dream waiting for the clock to scream,  
 For some, it's still a fantasy.  
 But for some of us on the Pathways  
 Make the choice either to live it, dream it or regret it.  
 Pave the way for success and growth.  
 The future is yours and your responsibility is growth.  
 Take the next step and make a difference in your future.

*– Sonam Dema, Class X, Tendruk Central School. She is from Soeltapsa and enjoys reading novels and composing short poems in her off hours.*

## Bhutanese Culture and Tradition

Paradise of earth lies at Asia's heart,  
Where exotic forbearing God does reside.  
Bhutanese resides as warmth on the hearth,  
Sharing love and care on this earth.

Unique identity has created the country's noble history;  
Its culture leads every heart to divinity.  
Countless stars blink in the country,  
For every creative person lives the life of nobility.  
Dress with the biggest pocket they wear and carry,  
Descent and uniqueness is its national identity.

Uncountable sacred places and deities dwell,  
That purifies the heart of every being.  
Bhutanese culture flourish so well,  
And cared for by every Bhutanese humble being that dwells.  
Wearing of gho and kira emanate one people,  
Promoting Bhutanese culture and the refining nation.  
Speaking the national language Dzongkha brings bliss,  
Truly, it is God's creation.

Culture and Identity – like shield and sword,  
Protects Bhutan from falling to other countries' prey.  
This tiny country has a powerful shield and the sharpest sword,  
Which makes Bhutan vast and proud.  
Bhutan is real paradise on Earth,  
Which attracts every individual's heart,  
Where a noble and merciful King does reside.  
Our Bhutan will never fall behind.

– Ashik Rai, Class X, Dorokha Higher Secondary School. He is an ardent reader, writer and loves singing and composing lyrics. He lives in Melongang, Dumlakha and dreams of becoming a singer and a writer.

He is also a poet, and some of his poems have been published online.

## Sun of the Nation

The lamp of compassion ever glitters,  
In this universe like blossoms and stars.  
The Eye of heaven glows every day,  
Making the nation warmer to live in.

Gem of heaven fallen  
Adorns our King's pious crown.  
On this fair dragon land,  
Where peace and prosperity never end.

Warm love and care for all men.  
We feel our nation is the palace of heaven.  
Where the seed of divine grace,  
And let us feel the pristine solace.

That is the sacred spirit of our King.  
Precious prayer, I offer to Your Majesty every  
morning.  
Our King, the treasure house of compassion  
Ever shine as the bright sun of a nation.

– Moni Raj Rai, Class IX, Dorokha Higher Secondary School. Moni Raj is a passionate poet. He enjoys browsing the internet and flipping through the dictionary to select the right words for his writings. He spends his spare time writing poems.



## All of our Tomorrows to Come

Time moved fast in a flash of light  
Our future buried deep within the grave site  
Inactive youths lazing till midnight  
And our responsibilities, a sore to our eyesight.  
The future we buried eventually starts to decay  
We realised tomorrow wasn't going to be ok  
Its heart started to sink  
Towards the wrong future, we fell  
Our future is our responsibility, we tell  
And the country learned a lesson.  
We have responsibilities for a reason  
Do things right  
So our future will be bright  
Do wrong  
And this future might turn out like a flop song.  
The simple trick is  
The future is in our hands  
Wash your hands frequently with soap and water  
And you'll have a clean and bright future on this  
Dragon Land

– Sika Rai, Class X student from Peljoring Higher Secondary School.



## Our Heroic Kings

The father of Gross National Happiness,  
The seed of peace and prosperity ripened.  
The fruits of GNH seen and felt,  
And is all wisdom of a visionary monarch.

The leader of the motherland  
Knight Commander of the thunder dragon  
Who united the sovereignty of this motherland  
And had the seed of peace sown.

The late Third King of Bhutan;  
The father of modern Bhutan  
Having envisioned the need for globalisation,  
Ushered the country to the outside world.

The Visionary Fourth King;  
Had the seed of peace sown and nurtured;  
People had accumulated merits,  
To be born under such exemplary leaders.

The People's King, the Fifth Druk Gyalpo,  
So kind and selflessly works for His people,  
Gave everything in terms of everything  
Who can be more heroic than such leaders?

– Nemith Lepcha, Class X, Gomtu Higher Secondary School. She loves writing poems as well as other forms of writing. She participates in many activities and says that she wants to fulfil her dream of publishing a book by continuing to read.



## Pride of Being Bhutanese

In the hidden lowlands of this blissful country,  
Lies many beautiful valleys with pristine territory.

Holy droplets showers high,  
from the womb of the Dragon sky.  
It expels sullenness, and  
commence to make pure art out of happiness.

Beyond the horizon that lies,  
There resides our gracious ruler.  
Who diligently serves the nation,  
And embrace it with compassion.  
He is the luminous sunlight,  
Who radiates the rays of solace and delight.

Proud am I as Bhutanese,  
To live and breathe in this territory.  
Blessed am I to be born as  
Daughter of thunder dragon country,  
For all aeons and eternity,  
I pray to be in my beloved country.

– Ashika Rai, Class X, Dorokha Higher Secondary School. Ashika is a jovial student whose love and passion for writing poems is portrayed through her numerous compositions of poems.



## School Days

Memorable were those days,  
 Hide and seek we raced,  
 Every time you walked away  
 I always swept along with you.

Together we roamed the street,  
 Through times thick and thin,  
 Dancing under the moonlight blissfully,  
 While our hearts swell with a sense of pleasure.

Every hour we spend together at school,  
 Feels nothing but like a fraction of a second with you,  
 Since fate bounds us together in this lifetime,  
 I pray that our strings don't get burned in the next.

– Ugyen Norbu, Class X student, Yoeseltse Middle Secondary School.  
*He is very good both in games and studies. He participates in numerous  
 games and literary activities conducted in the school.*







# POEMS

## Key Stage V

# I Don't Believe in Destiny

I am in the driving seat of my future  
I get closer to it every day  
Everyone says that the future is a mystery  
But I know how it will be one day!

*I don't believe in destinies, I make them*  
*The road is filled with obstacles, I break them*  
*Responsibilities are all mine, I take them*  
*My inner champions are asleep, I wake them*

The past and this teenage phase are rough  
But I look up to The Great Fourth for lessons  
Being a King at seventeen might have been  
really tough  
Yet He simply ruled with vision and a lot of  
aspiration

*I don't believe in destinies, I make them*  
*The road is filled with obstacles, I break them*  
*Responsibilities are all mine, I take them*  
*My inner champions are asleep, I awake them*

The future awaits with a lot of battles  
I take responsibility to make it right  
I don't blame my life for any uneven rattles  
Because more than victory, I cherish the fight

*I don't believe in destinies, I make them*  
*The road is filled with obstacles, I break them*  
*Responsibilities are all mine, I take them*  
*My inner champions are asleep, I wake them*

Histories have never been my destinies

It was an experience and a stepping stone  
Several physical and mental injuries  
That's how my inner Hero was born

*I don't believe in destinies, I make them*  
*The road is filled with obstacles, I break them*  
*Responsibilities are all mine, I take them*  
*My inner champions are asleep, I wake them*

Even my present is sometimes hard to adore  
As it feels suffocated and cold  
Because I succeed less and fail more  
But each failure fuels me to become extra bold  
I don't believe in destinies, I make them  
The road is filled with obstacles, I break them  
Responsibilities are all mine, I take them  
My inner champions are asleep, I wake them

I have my future vision  
I gather my courage to begin  
Now I am set on a mission  
With a warrior mindset

*I don't believe in destinies, I make them*  
*The road is filled with obstacles, I break them*  
*Responsibilities are all mine, I take them*  
*My inner champions are asleep, I wake them*

I want to hold on to this new courage in me  
For I take the teenage lead of a visionary King  
Who shook the world with magic a teenager  
could bring.

I am responsible for myself, and this is just the  
beginning.

*I don't believe in destinies, I make them  
The road is filled with obstacles, I break them  
Responsibilities are all mine, I take them  
My inner champions are asleep, I wake them*

– Madan Krishna Neopaney, Class XII Science, Peljorling Higher Secondary School. Madan joined this school in 2018. He has profound love for music and has also composed songs for open competitions. Besides the love for music, he enjoys reading books on self-improvement.



## Carpenter for Life

Let's become formative carpenter  
Pick better wood for education  
Hammer it, cut it and make it better  
Remove the turmoil of life with a saw  
Let your goals be known  
Just make the best use of your time  
To have a smooth flow of change.

Mention your base for determination  
Let them sing of your strength  
Be patient and focus on the flow and change  
Move with the flow and adapt to the change  
Hammer your goals with hard work  
Let the world see the difference.

As you built the furniture of your future  
As planned and with patience

Use the invisible tools of life  
To evade the hardship of life  
Know your ability: Make the difference  
For Our Future is our Responsibility

- Namrata Gurung, Class X D, Norbugang Central School. Namrata is from a small village called Yulukha. She loves learning new things and has lots of hobbies such as baking, reading books, listening to music, dancing, and learning facts about life.



## Our Future, Our Responsibility

The past is in our Head  
The future in our Hand  
Let's use the authentic present  
To make a better tomorrow.

Waste not your time  
For its no man's slave  
Use it for the right purpose  
Bring change and remember your responsibility  
Move on with time and be responsible!

A mesmerising glimpse of a glorious kingdom,  
Our country is amazingly filled with fantasy  
Let's be responsible and bring change in intellect.

A developing country, it is  
With ambitious being so colourful  
Lets come together and  
Take it to the mighty peak of this glory.

*– Pratik Maya Chhetri, Class X A, Norbugang Central School. Pratik Maya is from Gayshinggoan. She loves reading story books and strives to make her parents proud of her. She aims to be a police officer or doctor and serve the country.*



## Future Builders

Embraced by the green beautiful mountains,  
Engulfed by the pristine clear water that runs down,  
Recognised by the unique national identity,  
This is our country Bhutan.

Beings who aren't any different than the almighty,  
Saviours who let no harm destroy the prosperity,  
Parents whose love are unconditional for their children,  
Is the selfless, farsighted visionary leaders, our Great Kings.

The luckiest being born in this precious country,  
Blessed with unending happiness and peace,  
Guided by the King of Kings  
And destined to build the future of our nations  
Are we the people.

The future of our nation lies in the hand of youths,  
It is a sentiment often expressed by His Majesty.  
Proving to be a true citizen of the country  
Is a responsibility every citizen must take.

A future where peace and happiness continue,  
Identity and sovereignty unharmed unbound,  
A Nation looked upon as an example  
This is what we should strive for.

Hence, it's not too late for us,  
To wake up and start working today,  
Towards the path of building this good future,  
For we shall reap what we sow.

– Rita Rai, Class XI A, Tendruk Central School.



## Rational Change

Far from where we stand  
Lay heaven with serene paradise  
Filled with fresh air and adapting conditions;  
A life filled with colours of joy and pride  
The pin of influence changed everything.  
With mighty might  
Serene nature turned into ignoble sights  
Things came with a brand so expensive  
Emptiness and loneliness prevailed life  
Pollution and disaster overlapped each other  
Heaven turned into misery without even a pause.  
Where did we fail?  
How did we fall?  
Time will pass when land fails to cultivate  
World burns into pieces  
Seizes all happiness without guilt  
Now and forever, people will live in chaos.  
For decision change cannot be delayed  
For the future is ours to regain pride



For the betterment of nature and creatures of kind  
It is time to pay back responsibilities  
To regain the lost serenity of the world  
For the existence of life, returning is a must!  
Change is must with no excuse  
Let's be responsible for the future is ours.

– Suraj Subba, Class 10, Norbugang Central School.

*Suraj is from Mandreni village under Samtse Dzongkhag and has dreams of becoming an engineer. He worries about the effects of global warming and hence wishes to discuss his views in a larger forum.*



### Pride of Being a Bhutanese

Blessed with a loyal emperor  
As he takes bigger responsibility  
To provide us with sovereignty  
And flourish the prosperity.

We, the proud citizens  
Believe in deeply rooted culture  
Our souls are so religious  
With heartfelt grace  
When we wear our national dress.

Enjoying the abundance of peace  
Fresh air gives the sweetest kiss  
With the care that we always receive

Happiness in our hearts always exist  
So, we're delighted to be Bhutanese.

Protected by friends, not guns  
Though our country is tiny  
Nationwide happiness is what we have.  
As our King is a living god,  
We feel proud to be His sons and daughters.

– Sanji Maya Tamang, Class XII, Dorokha Higher Secondary School. Sanji has been an ardent reader and writer who loves writing. She has been showing her utmost love for literature by participating in other literary activities in the school.



## OPEN CATEGORY

### Covid-19

Covid-19, the viral pneumonia  
Mysterious of its true origin  
Emerged from Wuhan city of China  
Known to have no certain vaccine  
Maintained no boundary to spread  
It wreaked widespread devastation  
And took tens of thousands of lives.

The outbreak leaped from nation to nation  
Positive cases rose cumulatively day by day  
Death tolls multiplied each passing day  
Transmission became a global havoc  
Affected nations placed control measures  
But no country succeeded in containing it.  
Leaving life on earth in jeopardy.

Sandwiched amidst affected neighbours  
Bhutan maintained her superb efforts  
Few imported active cases  
Local transmission kept at bay  
Death case never recorded  
As the nation's effort surely triumphed.

Sacrifices and services of our dynamic King  
Efforts discharged by the government  
Power of prayers from the monastic body

Supports rendered by the health officials  
Aid put forth by armed forces and volunteers  
Certainly shielded the nation's security.

The pandemic tested people's patriotism  
To collaborate with the spirit of solidarity  
To safeguard and combat its transmission  
To defend and sustain peace and harmony.  
Through strict compliance of health protocol  
Heartily abided by the measures in place.

The risk factor compelled schools to close  
Potential threat forced border gates to seal  
Strict law dragged violators behind bars  
Youths chose to return home from abroad  
And I decided to become a De-suup: Guardian  
of Peace  
To serve Tsa-Wa-Sum in a little way I can  
Till the time, the virus stops to subside.

– Dorji Wangchuk, Teacher, Norbugang Primary School.  
Dorji loves reading nonfiction and philosophical books  
during his leisure and also has a passion for writing poems,  
short stories and articles inspired by real circumstances.  
This poem was written while he was serving  
the nation as a De-suup on the border.

## Pride of Being Bhutanese

Scents of early spring flower,  
Cuddled with mystics of unpolluted air,  
Mountains touching the depths of heaven,  
Bhutan is a pride for all Bhutanese.

Monk in robes dance to the beats of cymbal,  
Men sing along to the fields ploughing,  
Women listens to the tune rocking a child on her back,  
A humble life all Bhutanese lead.

Mountains covered with blankets of forests,  
Animals roaming around undisturbed,  
Birds build their nest in haste,  
Bhutan is a home for all creatures.

From typical thick snow in the north,  
To the mystic jungle in the foothills,  
A country divided by the terrains,  
But joined by a single prayer.

Blessed by the generations of Kings,  
Father to fatherless and mother to motherless,  
Leading the citizens with their visions,  
Our King is a pride for all Bhutanese.

Blessed by the deeds of Guru Rinpoche,  
Crafted by the vision of Zhabdrung Ngawang Namgyel,  
Handled by Desis to the Kings,  
Bhutan is a country beyond blessed.

*– Lhamo, Teacher, Dorokha Lower Secondary School. Lhamo love for reading started in middle school and has not faded since. She hopes to extend her love for reading to writing. This poem is her first attempt. She hopes to continue her hobbies for future competitions.*

༼ རྟེན་ལྗོངས༽

## ངའི་རྒྱལ་པོ།

ངའི་རྒྱལ་པོ་གི་མཚན་འདི་ འཇིགས་མེད་གོ་སར་རྒྱལ་རྒྱལ་དབང་ཕྱུག་ ཡིན་ལགས། ཁོ་ དགུང་ལོ་ ༤༩ ལང་སྟེ་ ཡོད་ལགས། ངའི་  
རྒྱལ་པོ་འདི་བཟང་ཚད་ནང་ ཨ་ཞེ་དང་སྤྲུལ་གཉིས་ཡོད་ལགས། ཨ་ཞེ་གི་མཚན་ རྩེ་བཙུན་པ་རྒྱ་དབང་ཕྱུག་ཟེར་ཞུས་ཡིན། སྤྲུལ་དང་པ་འདི་  
གི་མཚན་ འཇིགས་མེད་རྒྱལ་རྒྱལ་དབང་ཕྱུག་དང་ སྤྲུལ་རྒྱུད་ཀྱི་མཚན་འདི་ འཇིགས་མེད་དབང་ཕྱུག་ཟེར་ ཞུས་ཡིན་ལགས།  
ང་བཅས་རྒྱལ་པོ་གི་ ང་བཅས་མི་སེར་ག་ར་ལུ་ཕངས་པའི་སློ་ལས་ སྦྱིད་སྦྱུག་ག་ཟེགས་གནང་མ་ཡིན་ལགས། ཁོ་གིས་ ང་བཅས་རའི་རྒྱལ་  
ཁབ་ནང་ལུ་ དཀའ་ངལ་ག་བཟུམ་འབྱུང་རུང་སེལ་གནང་མ་ཡིན། འབྲུག་རྒྱལ་ ལཱ་པ་ལུ་ མི་སེར་གྱི་རྒྱལ་པོ་ཟེར་ཡང་ཞུས་ཡིན།

འབྲུག་རྒྱལ་ལཱ་པ་གི་ ང་བཅས་རའི་རྒྱལ་ཁབ་ནང་ ནད་ཡམས་གོ་བའི་ ༡༩ འཕྱོ་ནམ་ད་ མི་སེར་ཚུ་ལུ་ བྱམས་དང་བརྟེ་བའི་གོ་ལས་  
སྦྱིད་སྦྱུག་གནང་ཡི་ལགས། འབྲུག་རྒྱལ་ལཱ་པ་གིས་ ང་བཅས་སློབ་ཕྲུག་ཨ་ལོ་ཚུ་ལུ་ གནམ་མེད་ས་མེད་སྤྲུགས་དབྱེས་པ་ཡིན། ཁོ་གིས་  
ནམ་རང་འབད་རུང་ ང་བཅས་ཨ་ལོ་ཚུ་གི་ཤེས་ཡོན་གྱི་སློབ་ལས་ གསུངས་གནང་མ་ཡིན་ལགས། ད་མཇུག་ར་ མི་དབངས་རྒྱལ་པོ་  
མཚན་དང་སྦྱ་འཁོར་ཚུ་ ལེགས་ཤོམ་འབད་བཞུགས་བཟུག་ཟེར་བའི་ སློན་ལམ་བཏབ་ནི་ཡིན་ལགས། |

ཨོ་རྒྱལ་འཇིགས་མེད་འོད་ཟེར་འདི་ ཁོ་ར་བྱ་སྤྲུལ་སློབ་གྲྭ་ཚུང་བའི་ སློབ་རིམ་ ༩ པའི་སློབ་ཕྲུག་ཡིན། ཁོ་ར་ ལོ་ན་ཚུང་རུང་ འབྲི་ནི་དང་ལྷག་ནི་ལུ་ སློབ་སློམ་སྟེ་  
བསྐྱེད་མི་ཅིག་ཡིན་མས། བྱིས་ནང་ལུ་ ཁོ་ར་གིས་ཐེག་པའི་ལཱ་འབད་ཚར་བའི་ཤུལ་ལུ་ དབང་པོ་རེ་ངལ་ཕུ་ད་ དཔེ་དེ་བཞུགས་པ་སྤྱོད་ཆོགས་ལྷག་ནི་དང་ འབྲི་ནི་དེ་རིག་  
རྩལ་ཡར་རྒྱས་གཏང་ཐབས་ལུ་ ཚུམ་རིག་དང་འབྲེལ་བའི་ལཱ་འབད་དེ་ ཏུས་ཚོད་ལེགས་ཤོམ་སྟེ་ ལག་ལེན་འཐབ་མི་ཅིག་ཡིན་མས། དེ་བཟུམ་སྟེ་ སློབ་ཁང་ནང་  
ལྷག་སྤྲུང་འབད་བའི་ སྐབས་ལུ་ཡང་ གཡང་ཟ་བག་ཟ་མེད་པའི་ཐོག་ལས་ ལྷག་ནི་དང་འབྲི་ནི་འཕམ་རིམ་ཚུ་ནང་ བཅའ་མར་གཏོགས་པ་ཡིན་མས།



## ང་གི་རེ་བ།

མི་ག་ར་ལུ་རང་གི་ མི་ཚེ་ནང་ རེ་བ་རེ་རེ་འོང། རེ་བ་འདི་གྲུབ་ནི་ལུ་ ལ་ཁག་ཅིག་ཡིན་རུང་ རང་ལུ་ སློབ་དང་བརྩོན་ཤུགས་ཡོད་པ་  
ཅིན་ རེ་བ་འདི་གྲུབ་ཚུགས། ང་སློམ་འགྲོམ་ད་ལུ་ རེ་གི་རེ་བ་འདི་ སློབ་དཔོན་ཅིག་འབད་ནི་ཡིན། སློབ་དཔོན་ཟེར་མི་འདི་ ཨ་ལོ་ཚུ་  
ལུ་ ལཱ་ལེགས་ཤོམ་དང་ ཡོན་ཏན་གནང་མི་ཡིན། སློབ་དཔོན་ཚུ་གིས་ ང་བཅས་ཨ་ལོ་ཚུ་ལུ་ ལམ་ལེགས་ཤོམ་སློན་ནི་ཡོད། མི་ཚེ་ནང་  
ལུ་ སློབ་དཔོན་འདི་ རང་གི་ མིག་ཏོ་བཟུམ་ཅིག་ཡིན། སློབ་དཔོན་ཚུ་མེད་པ་ཅིན་ ང་བཅས་ཨ་ལོ་ཚུ་ལུ་ ཡོན་ཏན་མི་འཐོབ། སློབ་  
དཔོན་འདི་རང་གི་ ཨ་པ་དང་ཨ་འེ་བཟུམ་ཅིག་ཡིན།



སློབ་དཔོན་ཚུ་གིས་ རང་ལུ་ ཁོང་གི་ཨ་ལོ་བཟུམ་སྟེ་ བདག་འཛིན་འབད་ནི་ཡོད། དེ་གི་ སློབ་དཔོན་ཚུ་གིས་ རང་ལུ་ཆ་རྒྱལ་མ་འབད་  
ནི་ཡོད། འདི་འབད་ནི་འདི་གིས་ ར་ཡང་ སློམ་འགྲུལ་ད་ལུ་ སློབ་དཔོན་འབད་དགོ་མཁོ་མས། ར་སློབ་དཔོན་འབད་ཚུ་གས་པ་ཅིན་  
ཨ་ལོ་ལེ་ཤ་ལུ་ ར་གིས་ ཆ་རྒྱལ་མ་འབད་ནི་ཨིན། ར་སློམ་འགྲུལ་ད་ སློབ་དཔོན་འབད་དགོ་མི་ དོན་དག་སོ་སོ་འདི་ གཞན་ལུ་ཆ་  
རྒྱལ་མ་འབད་ནི་ལུ་དགའ། །

རིག་འཛིན་མཛེས་པ་འདི་ ཡུན་ཚོགས་དཔལ་རི་སློབ་གྲུ་རྒྱུ་ལུ་ སློབ་རིམ་ ༡ པ་སྟེ་ཚན་ཀ་ནང་ལྷབ་ཨིན། ཁོ་ རྫོང་ཁབ་ཚོས་ཚན་ནང་ལུ་ སློབ་ཡོད་མི་སློབ་ཕྱག་  
ཅིག་ཨིན། ཁོ་ རྫོང་ཁབ་འབྲི་ནི་དང་ ལྷག་ནི་ལུ་ རྩོགས་གྲུབ་ཅན་ཅིག་ཡོད། ཁོ་ཤུལ་ལས་ སློབ་གྲུ་འདི་སློབ་དཔོན་ཅིག་འབད་ནི་གི་རེ་བ་འདུག ཁོ་གིས་ སློབ་  
གྲུ་འདི་ལས་རིམ་ཚུ་ནང་ཡང་ བཅའ་མར་གཏོགས་ནི་ཡོད་པ་ཨིན།



## ཙ་བ་གསུམ།

ཙ་བ་གསུམ་ཟེར་མི་འདི་ འབྲུག་རྒྱལ་ཁབ་ཀྱི་ནང་རྟེན་ རོམ་ཅིག་ཨིན། འབྲུག་གི་རྒྱལ་པོ། རྒྱལ་ཁབ། དེ་ལས་ མི་སེར་གསུམ་ལུ་ ཙ་  
བ་གསུམ་ཟེར་བཅུ་མ་ཨིན། དེ་འབད་མ་ལས་ ར་བཅས་གེ་ར་གིས་ ཙ་བ་གསུམ་ ཤེས་དགོ་པ་འདི་ གཞན་མེད་ས་མེད་ ཁག་ཆེ་ཟེར་བྱ་  
ནི་ཨིན།

ཙ་བ་གསུམ་ལས་ དང་པ། འབྲུག་གི་རྒྱལ་པོ་ མི་དབང་མངའ་བདག་རིན་པོ་ཆེ་འདི་ ར་བཅས་རའི་ རྒྱལ་ཁབ་སྲུང་སྐྱོབ་འབད་མི་ཅིག་  
ཨིན། ར་བཅས་རའི་རྒྱལ་ཁབ་ནང་ རྒྱལ་པོ་མེད་པ་ཅིན་ ར་བཅས་རའི་བཟའ་ཚང་ནང་ སམ་མེད་དོ་བཟུམ་ཅིག་ཨིན། ར་བཅས་འབྲུག་  
གི་མི་སེར་ཚུ་ དགའ་སྦྱིད་ཡུན་ལུ་ཆོག་མེད་མི་འདི་ གཙོ་བོ་ར་ མི་དབང་རིམ་འབྱོན་ཚུ་གིས་བཀའ་བློན་ལས་བཞེན་ཏེ་ཨིན། དེ་ཡང་  
ར་བཅས་རའི་རྒྱལ་ཁབ་ནང་ དཀའ་ངལ་ག་ཅི་བཟུམ་འཕྱོན་རུང་ དེ་འབྲོ་ལས་སེལ་གནང་མ་ཨིན།

ར་བཅས་ཀྱི་རྒྱལ་པོ་འདི་ གཞན་དང་མ་འདྲ་བའི་ རིག་པ་དང་གནས་སྐབས་ཚུ་ཡོད་པ་མ་ཆད་ གཞན་རྒྱལ་ཁབ་ཀྱི་རྒྱལ་པོ་དང་མ་འདྲ་མ་  
ཅིག་ཨིན། ག་ཅི་སྟེ་ཟེར་བ་ཅིན་ མི་སེར་ཚུ་ལུ་ ཁོ་རའི་ལུས་ལས་མཆེད་པའི་བྱ་བ་ཟུམ་སྟེ་ བྱམས་སྦྱོང་མཛད་པ་མ་ཆད་ མི་སེར་ཀྲས་  
ཤོས་ཚུ་ལུ་ རྒྱལ་པོ་ཁོ་རའི་ སམ་བཟུམ་སྟེ་ཐུགས་བསམ་བཞེས་ཏེ་ གྲུས་ཞབས་དང་བཅེ་བ་ཚུ་ མ་བརྟུབ་བརྟུབ་སྟེ་གནང་མ་མ་ཆད་  
མི་སེར་ཚུ་ལུ་ དཀའ་ངལ་ག་ཅི་བཟུམ་འཕྱོན་རུང་ རྒྱལ་པོ་ཁོ་ར་སྦྱོང་དོས་འབད་འབྱོན་ཏེ་ མི་སེར་གྱིས་སྦྱིད་སྦྱུག་ཚུ་ སེལ་གནང་ནི་འདི་  
གིས་ ར་བཅས་ཀྱི་རྒྱལ་པོ་འདི་ གཞན་རྒྱལ་ཁབ་ཀྱི་རྒྱལ་པོ་དང་ ཙ་ལས་མི་འདྲ་ཟེར་བྱ་ནི་ཨིན།

དེམ་ཚད་ ང་བཅས་རའི་རྒྱལ་པོ་གིས་ ན་གཞིན་བྱུང་དང་བྱུང་ཚུ་ལུ་ ཤེས་རིག་ཡོན་ཏན་ཡང་རིན་མེད་སྟོང་པ་སྟེ་ ལྷུ་བ་ནིའི་གོ་སྐབས་  
གནང་མ་ཡིན། དེ་འབདམ་ལས་ ང་བཅས་ག་ར་གིས་ རྒྱལ་པོ་གི་མི་ཆོ་ནང་ དཀའ་ངལ་དང་བར་ཆད་ཚུ་ ག་ཅི་ཡང་བྱུང་མ་བཅུག་  
ཟེར་བའི་ སྟོན་ལམ་བཏབ་དགོ།

གཉིས་པ། འབྲུག་རྒྱལ་ཁབ་འདི་ ང་བཅས་རའི་ཕམ་ ད་རེས་ཀྱི་མི་རབས་ དེ་ལས་ བྱལ་མ་གི་བྱ་གཞི་ཚུ་གིས་ བཟའ་ས་དང་འཁྱུང་  
ས་ དེ་ལས་ སྟོན་སའི་ས་སྟོན་ཅིག་ཡིན། དེམ་ཚད་ འབྲུག་རྒྱལ་ཁབ་འདི་ གྲུ་རུ་རིན་པོ་ཆེ་དང་ ཞབས་རྒྱུ་རིན་པོ་ཆེ་གིས་ ཕྱིན་གྱིས་  
རྒྱབ་ས་པའི་རྒྱལ་ཁབ་ཅིག་ཡིན། ང་བཅས་རའི་འབྲུག་ཟེར་མི་ རྒྱལ་ཁབ་འདི་མེད་པ་ཅིན་ བདག་འཛིན་འབད་མི་མེད་པའི་ རོ་ཁྱི་  
བཟུམ་སྟེ་ མི་སེར་ཚུ་གནས་ས་མེད་པ་ ག་ལྟོད་གྲུ་ལྟོད་རྒྱུང་འབྲུམ་ས་ཏེ་ལུས་ནི་ཡིན་མས། དེ་འབདམ་ལས་ རྒྱལ་ཁབ་འདི་ གཞན་  
དང་མ་འདྲམ་ཅིག་ཡིན།

འབྲུག་རྒྱལ་ཁབ་ཟེར་མི་འདི་ དཔེར་ན། ནང་རྟེན་གེ་ར་བཅུག་ས་བཞག་ནི་དོན་ལུ་ དགོ་པའི་མཆོད་བཤམ་བཟུམ་ཅིག་ཡིན། དེ་  
འབདམ་ལས་ ང་བཅས་འབྲུག་གི་རྒྱལ་ཁབ་ནང་ གཞན་རྒྱལ་ཁབ་ནང་མེད་པའི་ སླིག་ཁྲིམས་དང་ལམ་སྟོན་ལ་བཟང་པོ་ཚུ་ ཉམས་མ་  
བཅུག་པར་ བདག་འཛིན་འབད་ནི་འདི་ ང་བཅས་འབྲུག་མི་རེ་རེ་བཞིན་རུ་ལུ་འགན་ཁུར་མོག་པ་ཡིན།  
གསུམ་པ། མི་སེར་འདི་ ང་བཅས་རའི་རྒྱལ་ཁབ་ཀྱི་རྒྱ་ཁོར་བཟུམ་ཅིག་ཡིན། དཔེར་ན་རྒྱ་ཁོར་འདི་མེད་པ་ཅིན་ རང་གི་མཁོ་ཆད་དོན་  
ལུ་མི་འགྱུར། བསམ་ཚད་ལཱ་ལུ་མི་འཁོར་དོ་བཟུམ་ རྒྱལ་ཁབ་དང་རྒྱལ་པོ་འདི་ ཡོད་འདི་འབད་རུང་ མི་སེར་འདི་མེད་པ་ཅིན་ ཁྲུངས་  
ག་ནི་ཡང་མེད་ཟེར་ཞུ་ནི་ཡིན། རང་གི་ཁ་སྟོམ་སེལ་བའི་རྒྱ་ཁོར་དོ་བཟུམ་ཅིག་ཡིན། དེ་འབདམ་ལས་ ང་བཅས་རའི་འབྲུག་པའི་མི་  
སེར་ཚུ་ གནམ་མེད་ས་མེད་ ལེགས་ཤོམ་ཡོད།

ང་བཅས་ལཱ་ག་ཅི་འབད་རུང་ ལག་པ་ག་ཅིག་ཁར་མཐུད་དེ་འབདམ་ཡིན། ང་བཅས་ལུ་དཀའ་ངལ་རེ་བྱུང་པ་ཅིན་ ག་ཅིག་གིས་ག་ཅིག་ལུ་  
གྲོགས་རམ་འབདམ་ཡིན། དེམ་ཚད་ ལཱ་ག་ཅི་ར་འབད་རུང་ སླིག་དང་འཁྲིལ་ཏེ་འབདམ་ཡིན། ང་བཅས་མི་སེར་ མང་ཤོས་ཅིག་  
སོ་ནམ་ཞིང་ལཱ་ལུ་ གཙོ་བོ་བཏོན་སྟོན་མི་ཅིག་ཡིན། ང་བཅས་མི་སེར་ཚུ་ལུ་ ག་ནི་ཡང་མེད་རུང་ ང་བཅས་ཀྱིས་རྒྱལ་ཁབ་དང་  
གཞུང་ཞབས་ལུ་ དམ་ཚིག་དཔང་རུ་བཅུག་ས་ཏེ་ མཛོ་བསམ་ལེགས་ཤོམ་བཏང་སྟེ་ ཕྱག་ཞབས་ཏོག་ཞུ་སྟེ་ སྟོན་མི་ཚང་ཚ་ཡིན་ཟེར་  
ཞུ་ནི་ཡིན་ལགས།

དེ་འབདཱ་ལས་ ང་བཅས་ག་ར་གིས་ ཕ་བ་གསུམ་ལུ་ གྲུས་ཞབས་འབད་དགོཔ་འདི་ ཁག་ཆེས་ཨིན། དེ་དང་གཅིག་ཁར་ ཕ་བ་  
གསུམ་འདི་ འབྲུག་གི་རྒྱལ་པོ་ རྒྱལ་ཁབ་ མི་སེར་གསུམ་ཨིནམ་འདི་ རྩམ་ནམ་ཡང་ སེམས་ལས་བརྗེད་མ་སོང་ཟེར་ཞུ་ནི་ཨིན་ལགས།

པར་བཟང་མོ་ཏོ་ཡ་འདི་ སང་ལྷན་འབྲིང་རིམ་སློབ་གྲྭ་འོག་མ་ནང་ སློབ་རིམ་ ༥ པའི་ནང་ལྷབ་ཨིན། མོ་གི་སློབ་འདི་ སྤང་དེབ་ལྷན་ནི་དང་ སྤང་གཏང་ནི་ དེ་ལས་  
འབྲི་ནི་ལུ་ དགའ་དོ་ཡོད་པ་མས།



## ནད་ཡམས་ཀོ་བོ་ཉེ་སྤྱོད་དང་ མངའ་བདག་རིན་པོ་ཆེའི་མཛད་ནུམ།

ང་བཅས་རའི་སྤྱོད་རམ་པ་ མི་དབང་མངའ་བདག་རིན་པོ་ཆེ་ འཇིགས་མེད་གེ་སར་རྣམ་རྒྱལ་དབང་ཕྱུག་མཆོག་ འཛམ་གླིང་ནང་འགྲན་  
ཟླ་མེད་པའི་ལུང་བསྟན་ཅན་གྱི་ རྒྱལ་པོ་ཅིག་ཨིན། མི་དབང་མངའ་བདག་མཆོག་གིས་ ང་བཅས་མི་སེར་ཚུ་ལུ་ ཐུགས་གྱི་བཙེ་བ་སློམ་  
ཡོད་པ་མ་ཚད་རྒྱལ་ཁབ་ ཞི་བདེ་གི་ངང་ལུ་སྤྱོད་གནང་མ་ཨིན། ནད་ཡམས་ཀོ་བོ་ཉེ་ ༡༩ ཟེར་མི་འདི་ ནད་གཞི་འཛབས་ཅན་ཅིག་ཨིན།  
ནད་ཡམས་འདི་གནམ་མེད་ས་མེད་ འཛོགས་སི་སི་ཅིག་ཨིན་མས།

འཛམ་གླིང་རྒྱལ་ཁབ་ག་རྟེ་ལུ་ཡང་ ནད་ཡམས་ཁབ་འདི་ཡོད་པ་མ་ཚད་ ང་བཅས་རའི་རྒྱལ་ཁབ་ནང་ལུ་ཡང་ ནད་ཡམས་འདི་འཕྱོན་འདི་  
ཡོད། ནད་ཡམས་འདི་རྒྱལ་ཁབ་ནང་ འགོ་དང་པ་འཕྱོན་པའི་ཉིན་མ་ལས་འགོ་བཟུང་སྟེ་ རྒྱལ་ཁབ་ཀྱི་གནས་སྤངས་འདི་འགྱུར་བ་  
སློམ་ར་སོང་ཡི་ འདི་བཟུམ་མའི་གནས་སྤངས་ནང་ལུ་ མི་དབང་མཆོག་གི་སྤྱོད་བཀལ་བ་དང་ ཐུགས་ཆེར་བ་ལུ་མ་གཟིགས་པར་ཕྱག་  
ལུ་མཛད་གནང་མི་འདི་གི་ ང་བཅས་འབྲུག་མི་ཡོངས་ལུ་དགའ་ངལ་ག་ནི་ཡང་མ་འབྱུང་བར་ དགའ་ཉྱལ་ཉྱོ་དང་སྤྱི་དྲོད་ཉྱོ་འབད་ སྤྱོད་ནི་  
ཡོད་མི་འདི་མི་དབང་མཆོག་གི་བཀའ་ངོན་ཨིན།

མི་དབང་མཆོག་གི་ ནད་ཡམས་ཀྱི་སྐབས་ལུ་ལཱ་གཡོག་འབྲུང་མི་ཚུ་ལུ་ དཔུལ་གི་གོགས་རམ་དང་ བམ་རྒན་ཤོས་ཚུ་ལུ་ བཟའ་  
འབྲུང་དང་སྐྱོན་གི་གོགས་རམ་གནང་བ་གི་མ་ཚད་ ཕུན་ཚོགས་གླིང་གི་ས་མཚམས་ཕྱི་ཁར་སྤོད་མི་འབྲུག་མི་ཚུ་ལུ་ཡང་ ཁང་ཁྱིམ་གི་རྒྱབ་  
སྤྱོད་ཚུ་ཐུགས་བཙེ་བ་སློམ་སྟེ་ གཟིགས་ཏེ་སྤྱི་དྲུག་གནང་མི་འདི་ འབྲུག་མི་ཡོངས་ལུ་དཔའ་ཉམས་བསྐྱེད་དགོ་པའི་གཞི་ཅིག་ལུ་གྱུར་  
ཡོད་པ་ཨིན།

འདི་བཟུམ་སྟེ་ རྒྱལ་ཁབ་ཉེན་ཁ་ཆེ་བའི་དུས་ཚོད་ནང་ལུ་ རྒྱལ་ཁབ་མཐའ་དབུས་མེད་པར་ ཞབས་ཀྱི་བཅགས་འདི་ སྐྱ་སྟོག་ལུ་ཡང་  
 'ཕངས་སེམས་མེད་པར་རྒྱལ་ཁབ་ཉེན་སྲུང་དང་ལྷན་པར་ བཞག་གནང་བ་གི་མ་ཚད། ལྷག་པར་དུ་ནད་ཡམས་འདི་ ཞི་ཐབས་ལུ་  
 ཕྱི་འཁྱེད་རྒྱལ་ཁབ་ཚུ་ལས་ སྤྲོན་ཁབ་ཀྱི་གོགས་རམ་འཛུལ་ཏེ་ ང་བཅས་འབྲུག་གི་མི་སེར་ག་ར་ལུ་ གསོལ་རས་གནང་མི་ལུ་ ང་བཅས་  
 འབྲུག་མི་རེ་རེ་བཞིན་དུ་གི་བཀའ་ངོན་ བསམ་དགོཔ་འདི་ག་ཅི་ལས་ཡང་གལ་ཆེ་བའི་ལུ་ནི་ཡིན།

མི་དབང་མཆོག་གི་ མཛད་ཡོད་པའི་ ཕྱག་ལུ་ཚུ་ལུ་བ་ཅིན་ ལུ་མི་ཚར་ནི་མས་ མི་དབང་མཆོག་གི་བཀའ་ངོན་ལས་ ང་བཅས་རའི་  
 རྒྱལ་ཁབ་ནང་ དགའ་བའི་ཉིམ་ཤར་ སྤྱིད་པའི་སྤྱུ་ལེན་ཏེ་ འབྲུག་གི་མི་སེར་ཚུ་ དགའ་སྤྱིད་ཀྱི་ངང་ལུ་གནས་དེ་ཡོད། དེ་འབདཻམ་  
 ལས་བརྟེན་ ང་བཅས་དུས་ཨ་རྟག་ར་ རང་གི་ངོན་ཅན་ཕམ་ མི་དབང་མཆོག་ སྐྱ་ལུ་འགྱུར་བ་མེད་པ་ ཐུགས་ལུ་འཁྱུལ་བ་མེད་  
 པར་ སྐྱ་ཆེ་ཚུ་ལས་རིང་ མཛད་པ་འཕྱིན་ལས་དར་ཞིང་རྒྱས་བཅུག་ཟེར་ སྤྲོན་ལས་བཏབ་དགོཔ་འདི་ག་ཅི་དེ་ ལག་ཆེ་བའི་ལུ་ནི་ཡིན་  
 ལགས། །

པདྨ་ཆུ་མཚོ་འདི་ བོར་བྱ་སྤངས་སྟོབ་ལྷ་རྒྱུད་བ་ནང་ སྟོབ་རིམ་ ༥ པ་ལ་སྟེ་ནང་ལྷབ་ཡིན། ཀྱི་དེ་བཟུག་ནི་དང་ པར་འབྲི་ནི་དེ་ལས་ ཚུ་རྒྱུ་བ་ནི་ཚུ་ནང་ སྟོབ་པ་ཡོད་  
 མི་ སྟོབ་ཕྱག་ཅིག་ཡིན། སྟོབ་ལྷ་ནང་ ལས་རིམ་ག་ཅིར་ འགོ་འདྲེན་འཐབ་རུང་ རྒྱལ་ཕམ་ལུ་ མ་བཟུ་བར་བཅའ་མར་གཏོགས་ནི་ཡོད།



## ཙ་བ་གསུམ།

མི་དབང་ལྷ་ཡི་སྤུལ་པོ། འབྲུག་རྒྱལ་ཁབ་ཡིན་ནོ། །  
 སྤྲོན་ལྷོངས་འབྲུག་པའི་ཞིང་དུ། འཁྱུངས་པ་རྟེན་འབྲེལ་བཟང་སོང། །  
 སྐྱ་ཆེ་འགྱུར་བ་མེད་པ། རྒྱལ་བརྒྱུད་ཞབས་པད་བརྟན་ནས། །  
 ལུགས་གཉིས་བསྟན་པ་སྦྱིང་བའི། འཕྱིན་ལས་དར་ཞིང་རྒྱས་ཤོག། །

ཟེར་བའི་སྤྲོན་ལས་དང་འབྲེལ་ ང་བཅས་ར་འབྲུག་པའི་མི་སེར་ཚུ་ ཆེ་རྟེ་མ་ཆོགས་བསགས་པའི་ འབྲས་བུ་ལས་བརྟེན་ ཆོས་ལྷན་གྱི་  
 རྒྱལ་ཁབ་ནང་ སྐྱ་བ་འཐོབ་སྟེ་ སྐལ་བ་བཟང་ཡོད། དེ་མ་ཚད་ ཆོས་ལྷན་གྱི་ རྒྱལ་ཁབ་ནང་བྱང་སེམས་ཅན་གྱི་ མི་དབང་མཆོག་གི་  
 མངའ་འོག་ལུ་ མི་སེར་འབད་སྤྱིམ་ཏེ་ དཔའ་ཉམས་ཀྱི་ཐོག་ ཙ་བ་གསུམ་ཟེར་མི་འདི་ རྒྱལ་ཁབ་ མི་དབང་རྒྱལ་པོ་དང་ འབྲུག་  
 པའི་མི་སེར་ལུ་ཕྱག་ཕྱིད་ལུ་ནི་ཡིན།

དང་པ་ བྱམས་པ་དང་བརྩེ་བ་ཡོད་པའི་ མི་དབང་མཆོག་གི་མཛད་བྱ་ ག་ཅིར་གནང་རུང་ རྒྱལ་ཁབ་དང་མི་སེར་ལུ་ སན་པའི་ཕྱག་ལཱ་  
ཚུ་གནང་མ་ཡིན། མི་དབང་མཆོག་གིས་ མི་སེར་ཚུ་གིས་ དགའ་ངལ་སེལ་གནང་སྟེ་ ང་བཅས་མི་སེར་ཚུ་ དགའ་བ་དང་སྦྱིད་པ་འབྱུང་  
སྟེ་ཡོད་པ་ཡིན། ཆོས་ལཱ་ནི་ རྒྱལ་ཁབ་ནང་གཞི་བ་ བྱམས་བརྩེ་ཅན་གྱི་མི་དབང་མཆོག་གིས་ བཀའ་བློན་ལས་ཏེ་མ་ལས་ལྷག་པའི་  
ཡར་རྒྱས་གོང་འཕེལ་འགྱུར་འདི་ཡོད་པ་ཡིན།

འདི་གིས་འབད་ མ་འོངས་པ་ལུ་ཡང་ རྒྱལ་ཁབ་དང་མི་སེར་ཚུ་ དགའ་སྦྱིད་ཀྱི་ངང་ལུ་གནས་དགོ་པ་ཅིན་ ཅུ་བ་གསུམ་གཅིག་ཁར་  
མཐུན་ཏེ་ལཱ་འབད་དགོ་པ་ཁག་ཆེ་བས། ང་བཅས་ ན་གཞོན་ཚུ་གིས་འབད་རུང་ ཡོན་ཏན་ལུ་བཙོན་ཤུགས་བསྐྱེད་དེ་ ལྷ་བ་ཞིན་མ་  
ལས་ ཤུལ་ལས་རྒྱལ་ཁབ་ལུ་ཞབས་ཏོག་ཞུ་དགོ་པ་ཡིན། མ་འོངས་པ་འདི་ལེགས་ཤོམ་བཟོ་དགོ་པ་ཅིན་ ང་བཅས་ན་གཞོན་ཚུ་སྦྱིང་  
སྦྱོང་དང་ ལྷོགས་གྲུབ་ཅན་ཅིག་བཟོ་སྟེ་ འགན་ཁུར་འབག་དགོ་པ་ཡིན། དཔྱེ་གཏམ་ལས་ཡང་ ལ་མ་བརྒྱལ་ལབ་ཚུའི་སྒྲུག་དང་། རྒྱ་  
མ་བརྒྱལ་ཟམ་པའི་སྒྲུག་ ། ཟེར་དོ་བཟུམ་ ང་བཅས་ག་ར་གིས་ ད་ལྟོ་ལས་རང་ འགན་ཁུར་འདི་ ལེགས་ཤོམ་སྟེ་འབག་སྟེ་ འབད་  
དགོ།

འབྲུག་པའི་ལམ་སྲོལ་ཆོས། ཆོས་ལཱ་གྲུ་ཐུབ་པའི་བཀའ། ཟེར་དོ་བཟུམ་ ང་བཅས་རའི་ ཆོས་དར་བའི་རྒྱལ་ཁབ་ནང་ མི་སེར་འབད་  
སྦྱོང་བ་ལེན་ཏེ་ སྐལ་བ་བཟང་ཅུག་ འབྲུག་རྒྱལ་ཁབ་ནང་ འཐོབ་པའི་བདེ་བ་བཟུམ་ གཞན་གཏེ་ཡང་མེད་པ་ལས་ སྤྱི་མི་ལཱ་ཚུ་  
འཛུལ་ཏེ་ དགོ་བའི་ལཱ་ལུ་བཙོན་དགོ་པ་འདི་ ཁག་ཆེ། དེ་མ་ཆད་ ལམ་སྲོལ་འདི་ཡང་ གཞན་དང་མ་འདྲ་བའི་ བྱད་ཆོས་ཅིག་  
ཡོད་པ་ལས་ བདག་འཛིན་འབད་དགོ་པ་ཡིན།

དེ་འབད་མ་ལས་ ང་བཅས་རའི་ རྒྱལ་ཁབ་ཀྱི་རྩ་རྒྱུ་སྒྲུབ་བཟང་པོ་ལེ་ཤ་ཡོད་པ་ལས་ འདི་ཚུ་ལག་ལེན་འཐབ་སྟེ་ གློ་ཅིག་སྒྲུབ་དགོ་རུང་  
འབྲུག་པའི་ཁ་སྐད་དང་ ལམ་ལུགས་སྲོལ་གཞན་ཚུ་ཡང་ བདག་འཛིན་འཐབ་དགོ་པ་ཡིན། འབྲུག་པའི་མི་སེར་ཚུ་ བཀའ་བློན་ཅན་གྱི་  
མི་དབང་མཆོག་གི་མངའ་འོག་ལུ་ བདེ་བ་ཐོབ་སྟེ་ཡོད་པ་ལས་ གོང་མ་ལུ་གུས་ཞབས་དང་ བཙུ་བཀུར་ཚུ་འབད་དེ་ རྒྱལ་ཁབ་འདི་ཏེ་  
མ་ལས་ལྷག་སྟེ་ དགའ་ཏོག་ཏོ་བཟོ་གོ་ཟེར་བྱ་ནི་ཡིན།

ཉི་མ་གསལ་སྟོན་འདི་ ཕུན་ཚོགས་དཔལ་རི་སྟོབ་ལྷ་རྒྱུད་བ་ནང་ སྟོབ་རིམ་ ༤ པ་ནང་ལྷབ་ཡིན་མས།



## ང་བཅས་ཀྱི་མ་འོངས་པ་རང་གི་འགན་ཁུར།

དུས་མ་འོངས་པ་འདི་ལེགས་ཤོམ་སྟེ་འོང་དགོ་པ་ཅིན། ང་བཅས་ལུ་འགན་ཁུར་ཕོག་ག་? འཇམ་གླིང་གཅིག་འགྱུར་གི་དུས་ལུ་རང་གི་མ་འོངས་པ་འདི་ཡ་རབས་ཅན་ལུ་བཟོ་དགོ་པ་ཅིན། འཇིག་རྟེན་པའི་དཔྱེ་གཏམ་ལས་ཡང་། ཨ་ལུ་སྤྱ་ས་ཨའི་གི་པངས་མར། །ཟེར་དོ་བཟུམ་ང་བཅས་རའི་མ་འོངས་པ་ཡ་རབས་དང་ལྷན་སྟེ་འགྱུ་ཐབས་ལུ་གཙོ་བོ་རང་གི་ལག་པ་ཁར་ཡོད་པ་ཨིན། དེ་ཡང་ ལམ་བཤོམ་གསུམ་འགྲོ་ལམ་མ་གཤག་ན། །ལ་ལུང་གཉིས་ཀྱི་རིང་ཐུང་ཉ་མི་དགོ། །ཟེར་དོ་བཟུམ། དུས་ད་ལྟོ་སྟོན་པའི་རིང་ལུ་ཡ་རབས་ཀྱི་སྟོན་པ་སྤྱད་བ་མ་འབད་བར་ མ་རབས་ཀྱི་སྤྱད་བ་འབད་སྟོན་པ་ཅིན་ མ་འོངས་པའི་ལམ་ཡང་མ་རབས་ཅན་ལུ་འགྱུར་ནི་ཨིན་མ་ག་ར་གིས་ཤེས་དགོ་པ་ཨིན། དགེ་བའི་ལུ་འབད་ན་རྒྱ་ཡང་དགེ་བ་བསག་ནི། རྒྱ་རན་པ་འབད་ཕ་ལས་ལུ་ཡང་རན་པ་ཕོག་ནི་ཨིན་མ་ཤེས་དགོ། དེ་འབད་ཕ་ལས་མ་འོངས་པ་འདི་ལེགས་ཤོམ་འགྱུ་དགོ་པ་ཅིན་ དུས་ད་རིས་ཡོན་ཏན་ལེགས་ཤོམ་སྟེ་སྤྱད་དགོ། དུས་ཚད་འཕྲོ་བཟུག་གཏང་ནི་མི་འོང། སེམས་ལུ་རན་པར་བཟུགས་དགོ་པ་རྩེ་ མི་ཆེ་ནང་ཁག་ཆེ་བའི་ནང་ལས་ཆེ་ཤོས་ཅིག་ཨིན།

དུས་ད་ལྟོ་སྟོན་པའི་སྤྱད་བ་འབད་སྟོན་པའི་སྤྱད་བ་ལུ་མི་ཆེ་འོང་ནང་ བན་པའི་ཡོན་ཏན་རྩེ་ལེགས་ཤོམ་སྟེ་ སྤྱད་དགོ་པ་ཨིན། འཇིག་རྟེན་པའི་དཔྱེ་གཏམ་ལས་ཡང་ གསེར་སྤང་བརྒྱ་ལས་ཡོན་ཏན་སྤྱ་གཅིག་དགའ། །ཟེར་སྤྱད་དོ་བཟུམ། མི་ཆེ་ནང་དགོ་པ་འདི་གསེར་བ་མཐོ་ཤོས་ཡོན་ཏན་ཨིན་མ་ལས་ ཡོན་ཏན་འདི་གནམ་དགུན་ལུ་རྩེ་པའི་བཤོ་ལ་དང་། གནམ་ལས་འཕྱར་བའི་བྱ་གྱི་གཤོག་སྟོ་བཟུམ་ཅིག་ཨིན། ཇི་སྟན་བྱ། མཁས་པའི་སྟོན་པའི་དུས་སྤྱད་ །བདེ་བ་སྟོན་ལ་མཁས་མི་སྟོན། །བདེ་བ་རྒྱུད་ལ་ཆགས་པ་འདི། །ཆེན་པོའི་བདེ་བ་འཕྱོ་མི་སྟོན། །ཟེར་སྤྱད་སྟོན་པའི་དུས་སྤྱད་ ང་བཅས་རང་སྟོན་པ་ལྷན་པའི་ལུ་ཡོད་པ་རང་ལས་བཏོན་ མེད་པ་རོགས་ལས་འཛོལ་ཏེ་ སྟོན་པ་ལྷན་པའི་བཟུགས་མི་འདི་འཕྲོ་བཟུག་མ་གཏང་པར་སྟོན་པ་ལྷན་པའི་ཡོན་ཏན་རྩེ་ལེགས་ཤོམ་སྟེ་ཡོན་ཏན་པའི་འདི་ཁག་ཆེ་ཤོས་ཅིག་ཨིན། རྒྱལ་བར་ཡང་སྤྱད་པ་ཡོད་ཟེར་དོ་བཟུམ། ང་བཅས་རང་ཡོན་ཏན་ཡོད་པ་ལུ་བར་ཆད་ལས་ཀྱི་རང་ཡོད་པ་ཨིན་མ་ དགའ་བའི་དགའ་རོགས་ལ་སོགས་པར་ལེ་ག་ཡོད། དེ་བཟུམ་བདེ་བ་རྒྱུད་ཀྱི་རྩེ་ལུ་མ་བཟུ་བར་ མ་འོངས་པ་ན་མཁས་པའི་མིང་ཐོབ་ཐབས་ལུ་བཙོན་དགོ་པ་དང་ ལྷག་པར་དུ་དུས་ཚད་འཕྲོ་བཟུག་མ་གཏང་པར་སྤྱད་དགོ་པ་ཨིན།

ང་བཅས་རང་སྟོན་པ་ལྷན་པའི་དུས་ཚད་འདི་ལོ་ངོ་གངས་མེད་པ་ལས་ སྟོན་པའི་དུས་ཚད་ནང་སེམས་ལུ་དེའི་མི་དབང་རྒྱལ་པོ་མཆོག་ལུ་ ཕྱག་ཞུ་དགོ་ཟེར་སེམས་ལུ་མཐོ་སྟེ་ དུས་ཚད་འཕྲོ་བཟུག་མ་གཏང་པར་ཡོན་ཏན་སྤྱད་དགོ་པ་ཨིན། དུས་ཚད་འཕྲོ་བཟུག་གཏང་པ་ཅིན་ མི་ཆེ་འཕྲོ་བཟུག་ཟེར་སྤྱད་དོ་བཟུམ། ད་ལྟོའི་དུས་ཚད་འཕྲོ་བཟུག་གཏང་པ་ཅིན་ དུས་ད་རིས་ནངས་པ་དུས་ཚད་མཐོང་ནི་མེད་པ་ཨིན་མ་ ང་བཅས་ག་ར་གི་ཤེས། ང་བཅས་སྟོན་པ་ལྷན་པའི་ཡོན་ཏན་སྤྱད་པའི་སྤྱད་བ་ ང་བཅས་ག་ར་གིས་བདེ་སྦྱིད་འདི་འཛོལ་ཕ་ཨིན། དཔྱེ་གཏམ་ནང་ ལས། གཟུགས་རང་གིས་སྟོན་པ་རུང་། །དན་མ་རོགས་ཀྱིས་བཟུག་ །ཟེར་སྤྱད་དོ་བཟུམ། དུས་ཚད་འདི་ག་མེད་ཀྱི་མེད་འབད་འཕྲོ་བཟུག་

གཏང་པ་ཅིན་ ལོག་ལུ་ལས་བྱམ་བཏགས་པའི་སྐབས་ལུ་འདི་སྟོན་གྱི་དུས་ཚོད་འདི་ ལོག་བཙུག་མི་ཚུགས། དེ་འབདཱ་ལས་  
ང་བཅས་ག་ར་འབད་རུང་དུས་ཚོད་འཕྲོ་བཞུག་མ་གཏང་བེར་ཁྱེ་ཨིན།

ལཱ་དང་བྱ་བ་ག་ཅི་ར་འབད་རུང་སེམས་ལུ་བྱམ་པ་བཟུག་དགོཔ་འདི་ཁག་ཆེ་ཤོས་ཅིག་ཨིན། དཔེ་གཏམ་ལས་ཡང་། བྱ་མཁས་རུང་ཕ་མའི་  
བསྐབ་བྱ་དགོ་ ཁྱོམ་པ་མཁས་རུང་བྱགས་རྒྱུད་བཟང་པོ་དགོ་ ཁྱེར་དོ་བཟུམ། ཡོན་ཏན་སྤང་བའི་སྐབས་ལུ་གཞན་ལུ་ཆགས་སེམས་མི་  
ཤོར་ནི་དོན་ལས་བྱམ་པ་བཟུག་དགོཔ་འདི་ཁག་ཆེ་ཤོས་ཅིག་ཨིན། ཁག་པ་ཐམས་ཅད་སྟོན། ཁང་རམོ་ཐམས་ཅད་དུག། ཁྱེར་དོ་བཟུམ།  
རང་ལུ་ཕན་མ་ཅིག་ཡོད་ན་རོ་བྱི་གི་ཆོལ་ལུ་ཨིན་རུང་ཡང་དབྱར་དགོ་ ཁྱེར་སྐབ་པའི་སྟོ་འདི་རང་ལུ་ཕན་པའི་སྟོ་ཨིན་ཟེར་སེམས་ལུ་མནོ་  
བའི་སེམས་བསྐྱེད་དེ་ཡོན་དགོཔ་ཨིན། མི་ལུ་སྟོན་མེད་པ་དང་ཤིང་ལུ་མཛེར་པ་མེད་པ་མེད། དེ་འབདཱ་ལས་རྒྱུན་ག་ཅི་བཟུམ་འབྱུང་རུང་  
གཙོ་བོ་རང་ལུ་བྱམ་པ་བཟུག་དགོཔ་ཨིན།

ད་མཇུག་ར་ང་བཅས་ག་ར་འབད་རུང་མ་འོངས་པ་འདི་ ལེགས་ཤོམ་བཟོ་ཐབས་ལུ་འགན་ཁུར་རང་རང་སོ་སོ་ལུ་ཤོག་པ་ཨིན། མ་འོངས་  
པ་འདི་ལེགས་ཤོམ་འགྱུ་ཐབས་ལུ་ རང་གི་འགན་ཁུར་འདི་རང་གི་ཨིན་མ་ཤེས་ཏེ་ མི་དབང་མངའ་བདག་རྒྱལ་པོ་མཆོག་གི་བྱགས་གྱི་  
དགོངས་པ་བསྐབ་ཏེ་ ང་བཅས་ན་གཞོན་ཚུ་གིས་ཕྱག་ཕྱི་ཞབས་ཏོག་ཁྱེ་གེ ང་བཅས་རའི་མ་འོངས་པ་འདི་ག་དེ་སྟེ་བཟོ་ནི་ཨིན་ན་འདི་ད་  
ལྟོ་སྟོན་པའི་སྐབས་ལུ་ ཏ་དགོ་ཚུགས་པ་ལས་ད་ལྟོ་ལེགས་ཤོམ་འབད་སྟོན་ཚུགས་པ་ཅིན་མ་འོངས་པ་འདི་ལེགས་ཤོམ་འགྱུ་ནི་ཨིན་མ་ག་  
ར་གི་ཤེས་དགོ་ དེ་འབདཱ་ལས་སེམས་ལུ་མནོ་བསམ་ལེགས་ཤོམ་གཏང་འབད་མ་འོངས་པ་འདི་མཁས་བྱུག་ལུ་འགྱུར་ཐབས་ལུ་བཙོན་  
དགོཔ་ཨིན།

བཟུད་དོན་རོམ་ར་མ་འོངས་པ་ལུ་ང་བཅས་ན་གཞོན་ཚུ་འགན་ཁུར་ག་ཅི་ར་འབག་དགོ་རུང་ལྟོགས་གྲུབ་ཅན་དང་ཐབས་མཁས་ཅན་ཅིག་  
ལུ་འགྱུར་ཏེ་ཅ་བ་གསུམ་ལུ་ཕྱག་ཕྱི་ཞུམ་ད་མི་དབང་མངའ་བདག་མཆོག་གི་བྱགས་དགོངས་སྐབ་པའི་བྱགས་དགྲེས་པའི་མེ་ཏོག་ཀྱན་ལུ་  
ཤར་ཏེ་འབྱུག་རྒྱལ་ཁབ་ཡར་རྒྱས་གོང་དུ་འཕེལ་ཏེ་འཛམ་གླིང་ནང་རྒྱལ་ཁབ་རང་བཙན་སྤྱི་དབང་ལྷན་པར་གནས་བཟུག་པའི་རེ་བ་ཨིན་  
ནོ། །

ཕུན་དབང་མོ་འདི་ སྟོན་རིམ་ ཤ པ་ཀ་སྟེ་བསམ་ཅེ་འཕྲིང་རིམ་སྟོན་གྱི་འོག་མ་ནང་ལྟུབ་ཨིན། མོ་རང་སྟོན་གྱི་དུས་ཚོད་ཚང་མ་ཅིག་ཅེད་མོ་ཅེད་ནི་གིས་སྟོན་  
ཡོད་པ་ཨིན་མས། མོ་སྟོན་དཔེ་དེ་བཟུབ་ནི། ཞབས་ཁྲ་འཕྲོན་ནི། ལྷ་གར་འཁྲབ་ནི་ལུ་སྟོན་པ་ཡོད་པ་ལས་ བདུན་ཕྲག་ངལ་གསེའི་སྐབས་འགྲུལ་འཕྲིན་ནང་ལས་  
ཞབས་ཁྲ་ལྟུབ་དོ་ཡོད་པ་ཨིན་མས།

## ངའི་མ་འོངས་པ་ ངའི་རེ་བ་དང་འགན་ཁུར།

ས་ཁར་སོན་ག་བཏབ་མི་འདི་ འབྲས་བུ་ཡང་འདི་ར་འཕྱོད་དོ་བཟུམ་ ད་ལྟོ་ང་བཅས་ཆ་ཁྱབ་གྱིས་ལཱ་འབད་མི་དང་ འགན་ཁུར་འབག་མི་  
གིས་ རང་སོའི་མ་འོངས་པ་འདི་གིས་ ཐག་གཅད་པ་ཨིན། འཛམ་གླིང་ནང་མི་དང་སེམས་ཅན་ག་ར་ རང་གི་མ་འོངས་པ་འདི་དོན་ལུ་ལཱ་  
འབད་མི་ཙང་ཙམ་ཨིན། ཐ་ན་འབྲུལ་གྱི་ག་མོ་ཡན་ཆད་ལས་འགོ་བཟུང་སྟེ་ རང་སོའི་མ་འོངས་པ་འདི་གནས་སྟངས་ སྤྱིང་སྤྱིང་བཟོ་ནི་དོན་ལུ་  
རྩ་འགོངས་ཏེ་ར་ཡོད་པ་ཨིན། འབྲུག་གི་རྩ་ཁྲིམས་ཆེན་མོ་འདི་ནང་ཡང་ གཞི་རྟེན་འཕྲོ་བ་དབང་དང་ གཞི་རྟེན་འགན་ཁུར་གྱི་སྐོར་ལས་བཀོད་  
དེ་ཡོད་མི་འདི་སེམས་ཁར་བཞག་སྟེ་ ང་བཅས་སློབ་ཕྲུག་ཚུ་གིས་ བྱལ་ལས་རྩ་བ་གསུམ་ལུ་ཐུག་ཕྱིད་ཁྱེད་དང་ གཞི་རྟེན་འགན་ཁུར་ལྟེ་  
ནི་འདི་ ནམ་ར་འབད་རུང་སེམས་ལས་བརྟེན་ནི་མི་འོང།

མི་དབང་མངའ་བདག་རིན་ཆའི་ཞབས་ལས་ ན་གཞོན་ཚུ་ལུ་ཐུགས་གཏད་དེ་ ཤེས་ཡོན་སྟོང་པ་སྟེ་གནང་མི་འདི་ འཕྲོ་བཟུག་མ་བཏང་པར་  
རྩ་འགོངས་ཏེ་ལྷ་བ་ཞིན་མ་ལས་ ང་བཅས་ན་གཞོན་ཚུ་གིས་ རང་གི་རྒྱལ་ཁབ་ལུ་ཐུག་ཞབས་ཏོག་ཁྱེད་གོ་པ་འདི་ ཁག་ཆེ་ཤོས་ཅིག་ཨིན།  
འཛམ་གླིང་རྒྱལ་ཁབ་གཞན་ཚུ་ནང་ སྟབས་མ་བདེ་ཨ་རྒྱལ་པ་སྤྱོད་ཆོགས་བྱུང་རུང་ ང་བཅས་འབྲུག་མི་ཚུ་ དགའ་ཉམས་སྦྱོང་སྟེ་ར་ཡོད་པ་  
ཨིན། མི་དབང་མངའ་བདག་རིན་པོ་ཆེ་མཆོག་གིས་ ནད་ཡམས་ཀོ་ཕིར་གི་སྐྱབས་ལུ་ཡང་ སྤྱོད་གསོ་བཏང་སྟེ་ རྒྱལ་ཁབ་མཐའ་དབྱས་  
མེད་པར་ ཞབས་གྱིས་བཅགས་གནང་སྟེ་ འབྲུག་མི་ཚུ་ལུ་ སྤྱིད་སྤྱུག་བསམ་གྱིས་མ་ཁྱབ་པར་གཟིགས་གནང་སྟེ་ དགའ་སྦྱིད་གྱི་ངང་ལུ་  
སྤྱོད་ནི་འཕྲོ་བཏང་མི་འདི་ ག་ཅི་དེ་སྤྱལ་བ་བཟང་ལུ་ཟེར་ཁྱེད་ཨིན།

དཔྱེ་གཏམ་ལས་ཡང་ “གསེར་སང་བརྒྱལ་ས་ཡོན་ཏན་སྤྱོད་གཅིག་དགའ།” ཟེར་དོ་བཟུམ་ རང་ལུ་རྒྱ་མོར་ག་དེམ་ཅིག་ཡོད་རུང་ ཡོན་ཏན་  
ལས་དྲག་པ་ གཞན་ག་ནི་ཡང་མེད་ནི་འདི་གིས་ ད་ལྟོ་གོ་སྐབས་ཡོད་པའི་དུས་ལུ་ དཔེ་ཆ་རྩ་འགོངས་ཏེ་ལྷ་བ་པ་ཅིན་ བྱལ་ལས་རང་གི་མི་  
ཆེ་འདི་ དགའ་ཏོག་ཏོ་འབད་སྦྱོང་ནི་དང་ གཞི་རྟེན་འགན་ཁུར་ལྟེ་ སྤྱོད་གསོ་ཆ་ཚུ་ལུ་བྱིན་ལན་འཇུག་ནི། རང་འགོ་ཁྲིད་འབད་དེ་ རྩ་བ་གསུམ་ལུ་ཞབས་ཏོག་ཁྱེད་  
ཚུ་གས། ནམ་ར་འབད་རུང་ ལཱ་འབད་བའི་སྐབས་ལུ་ རང་དང་གཞན་གཉིས་ཆ་ར་ལུ་ གན་པའི་ལཱ་འབད་ནི་མ་གཏོགས་ ཆགས་སྤང་གྱི་  
ཐོག་ལས་ རང་རྒྱུད་གི་ཁྱད་པན་ལུ་དམིགས་ཏེ་ལཱ་འབད་བ་ཅིན་ འཕྲལ་ལུ་སྟབས་མ་བདེ་བྱུང་པའི་ཁར་ ཕྱི་མ་ཡང་སྤྱུག་བསམ་ལུ་མཉམ་ནི་འདི་  
གཞི་ཅིག་ར་ཨིན་མ་ལས་ ལཱ་ག་ཅི་ར་འབད་རུང་ ལྷག་བསམ་ནམ་དག་གི་སྐོར་ལས་འབད་དགོ་པ་ཁག་ཆེ།

མི་དཔང་འབྲུག་རྒྱལ་བཞི་པའི་ཞབས་ལས་ ང་བཅས་ན་གཞོན་ཚུ་ རྒྱལ་ཁབ་ཀྱི་ཞོར་བྱ་དང་ མ་འོངས་པའི་འགོ་ཁྲིད་པ་ངོམ་ཨིན་  
 ཟེར་ ཡང་བསྐྱར་གསུངས་གནང་མི་འདི་ སེམས་ལས་མ་བརྟེན་པར་ དཔེ་ཆ་ཚུ་འགོངས་ཏེ་ལྷབ་ཞིན་མ་ལས་ འབྲུག་གི་ཅ་བ་གསུམ་ལུ་  
 ཕྱག་ཕྱིད་ཞུ་ནིའི་ཁས་གྲུངས་སུ་ལག་ །

རྟོ་རྩེ་ལྷ་མོ་ ཉམལ་འབྱོར་གླིང་འབྲིང་རིམ་སློབ་གྲྭ་གོང་མའི་ནང་ སློབ་རིམ་ ༡༠ པའི་ནང་རྒྱབ་དོ་ཨོན་མཉམས།



འབྲུག་མི་ཡིན་པའི་དཔའ་ཉམས།

ང་ར་ཆོ་ཕྱོག་མའི་ ཆོགས་བསགས་དང་སྒྲིབ་སྒྲུབ་གི་བསོད་ནམས་ལས་བརྟེན་ཏེ་ ཆོས་ལུན་འབྲུག་གི་རྒྱལ་ཁབ་ནང་མི་སེར་འབད་སྦྱེས་མི་  
འདི་གིས་ ང་རང་སེམས་ཁར་ལུ་ དཔའ་ཉམས་སྦྱོམ་བསྐྱེད་ཡོད་པ་མ་ཆད་ ང་བཅས་འབྲུག་མི་ག་ར་འབད་རུང་ དེ་སྦེ་ར་ བཞོ་བསམ་  
གཏང་དོ་འོང་ཟེར་བྱ་ནི་ཡིན།

འབྲུག་རྒྱལ་ཁབ་འདི་ བྱིན་གྱིས་པ་བློ་བས་པའི་སྤྲུལ་ཡུལ་ཁྱད་པར་ཅན་ཅིག་ཡིན། བྱི་ཁ་ལས་བཟོ་བ་ཅིན་ འབྲུག་རྒྱལ་ཁབ་འདི་ རི་དང་  
གཤོང་ གངས་རི་ལེ་ཤ་གིས་མཐའ་བསྐྱོར་ཏེ་ཡོད། འདི་ལུ་ ལྷ་དང་ཆོས་རྒྱུད་མ་ཚུ་གིས་ གཞོད་པའི་འབྲེ་ཚུ་ ང་བཅས་རྒྱལ་ཁབ་  
ནང་ འཛུལ་བཅུག་ནི་མེད། ནང་ན་ལུ་ འབྲུག་རྒྱལ་ཁབ་འདི་ རི་དྲུགས་ས་ཁོངས་ཅིག་ཡིན། འབྲུག་རྒྱལ་ཁབ་འདི་ གྲུ་རྩ་རིན་པོ་ཆེ་གིས་  
ནོར་མཛོད་དང་གཏེར་ལེ་ཤ་ཅིག་ གྲུ་བཞག་སྟེ་ཡོད། འདི་ཚུ་ འབྲུག་རྒྱལ་ཁབ་ནང་གི་བསོད་ནམས་ཅན་གྱི་མི་ཚུ་རྒྱུང་མ་ཅིག་ མཇལ་  
ཚུགས། འབྲུག་རྒྱལ་ཁབ་འདི་ནང་སྟོད་ཚུགས་པར་ ལཱ་ཁག་ཡོད་པའི་ ས་གནས་ཅིག་ཡིན།

ང་བཅས་ཀྱི་སྐུལ་ཁབ་འདི་ ༡༩༠༥ ལོ་ལུ་ སྐུལ་བརྒྱད་ཀྱི་སྐུལ་ཁབ་སྤེལ་གོ་བཅུགས་ཅིག དེ་བསྐང་ འབྲུག་སྐུལ་ཁབ་ཀྱི་ འབངས་མི་  
སེར་ཚུ་ སེམས་དགའ་སྤེ་ བཙུང་སྤོམ་སྤེ་ལུ་རུག སྐུལ་པོ་རིམ་ཕྱོན་མ་ཕྱོན་པ་ཅིན་ ང་བཅས་རའི་སྐུལ་ཁབ་ ད་ལྟོ་ཚུན་ཚོད་ གོང་  
འཕེལ་མ་འགྱུར་འོང། ང་བཅས་རའི་ སྐུལ་ཁབ་གོང་འཕེལ་འགྱུ་མི་འདི་ སྐུལ་པོ་རིམ་ཕྱོན་ཚུ་གིས་སྤྱི་ཤིན་ལས་བརྟེན་ཏེ་ཨོན། ང་བཅས་  
ཀྱི་གཞུང་ཞབས་ཀྱི་ འབྲུག་སྐུལ་ཁབ་ གོང་འཕེལ་འགྱུ་ནི་དོན་ལུ་ ཕྱག་ལཱ་ གནས་མེད་ས་མེད་ ཟུ་འགོངས་ཏེ་གནང་ཡི། ང་བཅས་ཚུ་  
གིས་ ང་བཅས་རའི་གཞུང་ལུ་ བསྐྱར་པ་བཏབ་ནི་དང་ ཁ་གཏང་ནི་མི་འོང།

ང་བཅས་ཀྱི་རྒྱལ་ཁབ་འདི་ ༢༠༠༥ ལས་རྩ་ཁྲིམས་ཅན་གྱི་དམངས་གཙོའི་གཞུང་ཡིན། ང་བཅས་ཀྱི་ རྒྱལ་ཁབ་ནང་ལུ་ དམངས་གཙོའི་གཞུང་ཡང་ཡོད་ཅིང་མ་ཆད་ རྒྱལ་བརྒྱུད་ཀྱི་རྒྱལ་ཁབ་ཡང་ཡོད། ང་བཅས་ ན་གཞོན་དང་འབངས་མི་སེར་ཚུ་གིས་ ང་བཅས་ཀྱི་ དགའ་མི་གཞུང་ལུ་ཚོགས་རྒྱུ་བཟུགས་ནི་གི་ རང་དབང་ཡོད། གཞུང་ག་བྱོན་རུང་ ང་བཅས་རའི་རྒྱལ་ཁབ་ཡར་རྒྱས་གོང་འཕེལ་ འགྲོ་ནི་དོན་ལུ་ ཕྱག་ལུ་རྩ་འགོ་བཤུ་ གནང་ནི་ཡོད། དེ་ལས་ ང་བཅས་འབྲུག་རྒྱལ་ཁབ་ཀྱི་འབངས་མི་སེར་ཚུ་ལུ་ ལཱ་འགན་དང་ འགན་ཁུར་ཚུ་ཡང་ལེ་ཤ་ཡོད། ང་བཅས་མི་སེར་ཚུ་གིས་འབད་རུང་ རང་ལུ་ཡོག་པའི་འགན་ཁུར་ཚུ་འབྲས་ཤོར་འགན་ཤོར་མེད་པར་ རྩ་འགོ་བཤུ་ མཐར་ཕྱིན་སྟེ་འབད་དགོ།

ང་བཅས་འབྲུག་པའི་མི་སེར་ཚུ་ལུ་ ད་ལྟོ་རང་དབང་ཡོད་མི་འདི་ ཕྱིན་ལྷབས་ཅན་ཅིག་ཡིན། རོགས་གཞན་གྱི་རྒྱལ་ཁབ་ནང་ལུ་འདི་ རང་དབང་ཚུ་ག་ནི་ཡང་མེད་འདུག འབྲུག་རྒྱལ་ཁབ་ནང་ལུ་འདི་ ང་བཅས་ཚུ་གི་ མཐུན་རྒྱུན་ག་ཅིར་འབད་རུང་ རིན་སྒོལ་མ་དགོ་ པར་ སྟོང་པར་འབད་ཐོབ་ཡིན། ང་བཅས་ཚུ་གི་ལཱ་འདི་ དཔེ་ཆ་རྩ་འགོ་བཤུ་ ལྷབ་ནི་དང་ ལཱ་ཚུ་ཡང་ག་ར་ ཅུས་ཚད་ནང་ གིག་གི་ འབད་ནི་རྒྱུ་ཅིག་ཡིན།

འབྲུག་རྒྱལ་ཁབ་ནང་ལུ་ ལམ་སྲོལ་མ་འདྲམ་ལེ་ཤ་ཡོད། འབྲུག་རྒྱལ་ཁབ་ཀྱི་སྤར་སྲོལ་ནང་ལུ་ སྤྱི་ཚུལ་ལེ་ཤ་འབད་ནི་ཡོད། ང་བཅས་ ཀྱི་ རྒྱལ་ཁབ་ནང་ལུ་འདི་ འབངས་མི་སེར་ཚུ་གིས་ ཡིག་ཆ་ སློབ་གྲྭ་དང་རྒྱུ་ཚུ་ནང་འགྲོམ་ད་ ང་བཅས་རའི་རྒྱལ་ཁབ་ཀྱི་ རོ་ རྟགས་བྱོན་ཆས་བྱོན་མ་ཡིན། ང་བཅས་ཀྱི་ རྒྱལ་ཁབ་ཀྱི་བྱོན་ཆས་འདི་ ཆོས་གཞི་འདྲམ་མ་འདྲམ་ནང་འཐག་ནི་ཡོད།

འབྲུག་རྒྱལ་ཁབ་ཀྱི་རང་བཞིན་གནས་སྟངས་འདི་ འཇའ་ཆི་ཆི་དང་ ལྷ་ཡུལ་བཟུམ་སྟེ་ གཞན་དང་མ་འདྲམ་སྟེ་ཡོད། ལྷུང་མ་དང་ སྟོག་ལྷུང་འདི་ ང་བཅས་ཀྱི་རྒྱལ་ཁབ་ནང་ བསེལ་རྟོང་རྟོང་ གཙང་རྟོག་རྟོ་སྟེ་ཡོད། སྟོམ་ནད་དང་ དོན་ཉིང་གི་ནད་གཞི་ཡོད་མི་ཚུ་ འབྲུག་རྒྱལ་ཁབ་ནང་ ག་དེམ་ཅིག་སྟེ་ སྟོད་པ་ཅིན་ ཁོང་ལུ་ཕན་པ་ལེ་ཤ་ཡོད། གཞན་རྒྱལ་ཁབ་བཟུམ་སྟེ་ ང་བཅས་འབྲུག་རྒྱལ་ ཁབ་ཀྱིས་ ནང་འཁོད་ཐོན་སྐྱེད་ཡོངས་འབོར་ནང་ལུ་ གནམ་མེད་ས་མེད་གཙོ་བོར་སྟོན་ནི་མེད།

ང་བཅས་གཞུང་དང་འབངས་མི་སེར་ཚུ་གིས་ རྒྱལ་ཡོངས་དགའ་སྐྱིད་དཔལ་འཛོམས་ནང་ལུ་ མངམ་གཙོ་བོར་སྟོན་ནི་ཡོད། གཞུང་ གིས་དཔལ་འབྱོར་གནས་སྟངས་ནང་རྒྱུང་མ་གཅིག་ གཙོ་བོར་བཏོན་པ་ཅིན་ འབངས་མི་སེར་ག་ར་ སེམས་མི་དགའ། འདི་སྟེ་ནི་དེ་ གིས་ ང་བཅས་ཀྱི་རྒྱལ་ཁབ་ཀྱིས་ འབངས་མི་སེར་ཚུ་གི་ དགའ་སྐྱིད་ནང་མངམ་གཙོ་བོར་སྟོན་མ་ཡིན།



ང་བཅས་ཀྱི་རྒྱལ་ཁབ་ནང་ལུ་འདི་ བཅོག་རྒྱུ་གནས་མེད་ས་མེད་ཅིག་མེད། ག་ཅི་སྟེ་ཟེར་བ་ཅིན་ ང་བཅས་ཀྱི་རྒྱལ་ཁབ་ བརྒྱ་ཆ་ ༦༠% ལས་མངས་ནགས་ཚལ་གྱི་བྱ་སྟེ་ཡོད། ང་བཅས་ཚུ་གིས་ ཨ་རྟག་ར་རྒྱུང་མ་ གཙང་རྟོག་རྟོ་ དབྱགས་གཏོང་ལེན་འབད་ནི་ འཐོབ། དེ་ལས་ ང་བཅས་རྒྱལ་ཁབ་ཀྱི་ དབྱགས་རྒྱུང་གྲུབ་འབྲས་འབད་མི་ལས་ དབྱགས་རྒྱུང་མངའ་ཡོད།

ང་བཅས་ཀྱི་ རྒྱལ་ཁབ་གྱི་མི་སེར་ཚུ་ཡང་ གཞན་དང་མ་འདྲམ་སྟེ་ཡོད། རྒྱལ་ཁབ་ཀྱི་མི་སེར་ཚུ་ གནས་མེད་ས་མེད་ བསམ་པ་ བཟང་པོ་དང་ ལེགས་ཤོམ་ཡོད། རོགས་གཞན་རྒྱལ་ཁབ་བརྒྱུ་སྟེ་ ང་བཅས་ཀྱི་རྒྱལ་ཁབ་ནང་ལུ་མི་སེར་ཚུ་གིས་ ཁྲིམས་འགལ་ལེ་ ཞུ་འབད་ནི་མེད། ཨིན་རུང་དག་པ་ཅིག་གིས་ ཁྲིམས་ལས་འགལ་བའི་ལཱ་འབད་ནི་ཡོད། ང་བཅས་མི་སེར་ཚུ་ ག་ཅིག་གིས་ག་ཅིག་ ལུ་ རོམ་ཤེས་རུང་ མི་མང་སྟོང་སའི་ས་གནས་ཅིག་ནང་ དྲུག་འཕེལ་འབྱུང་བ་ཅིན་ ག་ཅིག་གིས་ག་ཅིག་ལུ་ ཆ་རོགས་འབད་མ་ཨིན། ང་བཅས་ཚུ་གིས་ ཆན་ཤོས་ཚུ་ལུ་ གྲུས་ཞབས་འབད་ནི་ཡོད། ཆས་པར་ཆ་བཞག་སྟེད་ན། གཞོན་མ་བསོད་ནམས་བསགས། འདེ་ གཏམ་ལས་ཡང་སྤྲོད་པ་བརྒྱུ་ རང་ལས་སྟོམ་མི་ཕམ་ཆན་ཤོས་དང་ གོང་ཚུ་ལུ་ རྩ་གཞུང་འཛིན་ལུ་བ་ཅིན་ལེགས་ཤོམ་ཨིན། འབྲུག་རྒྱལ་ཁབ་ནང་ལུ་ སེམས་ཅན་བསད་ནི་འདི་ ཁྲིམས་འགལ་ཅིག་ཨིན། ང་བཅས་འབྲུག་པའི་མི་ཚུ་གི་ སེམས་ཅན་ལུ་བྱམས་པ་ དང་སྟོང་རྩེ་བསྟེད་ནི་ཡོད། ང་བཅས་ཀྱི་དོན་ལུ་འདི་ སེམས་ཅན་ཟེར་མི་འདི་ ང་བཅས་མི་བརྒྱུ་ཅིག་ཨིན། ཁོང་ལུ་ཡང་ སེམས་ཡོད། ང་བཅས་ཚུ་གིས་ ང་བཅས་རའི་ མཐའ་འཁོར་ཉམས་སྲུང་འབད་ནི་འདི་ དྲན་པ་བཏོན་ཐོག་ལས་འབད་མ་ཨིན། སེམས་ཅན་གསད་ བའི་མེད་པའི་ ཁྲིམས་ལུགས་འདི་རྒྱལ་ཁབ་ག་ར་ནང་ཡོད་རུ་བརྟུབ་པས་དེ་ལས་ ང་བཅས་འབྲུག་རྒྱལ་ཁབ་ནང་ལུ་འདི་ མི་ལེ་ཞུ་གིས་ ཞུ་བཟུང་ནི་མེད།

ཕོ་དང་མོ་གི་བར་ན་འདྲ་མཉམ་འོང་ར་འོང་དགོ་ ང་བཅས་འབྲུག་རྒྱལ་ཁབ་ནང་ལུ་འདི་ ཕོ་མོའི་ཉེ་རིང་འཕུད་ནི་མེད། ང་བཅས་ག་ར་ ག་ཅིག་གིས་ག་ཅིག་ལུ་ འདན་འདྲ་སྟེ་བཞག་ནི་ཡོད། ང་བཅས་རྒྱལ་ཁབ་ཀྱི་ཨམ་སྲུ་ཆ་བྱུང་ཡང་ ཕོ་སྟེས་ཚུ་གིས་ཅེད་མི་ ཅེད་མོ་ཚུ་ ཡང་ཅེད་ནི་ཡོད། ཉེ་མ་འབད་ན་ ཨམ་སྲུ་ཆ་བྱུང་འདི་ འཛའ་རོགས་བརྒྱུ་ཅིག་ བྱིས་ཀྱི་ལཱ་ཚུ་ག་ར་ ཨམ་སྲུ་གིས་འབད་སྟོད་པ་ ཨིན་མས། ཨིན་རུང་ད་རེས་ནངས་པར་ བྱིས་ནང་སྟོད་མི་ བཟུང་ཆང་ག་ར་གིས་བྱིས་ཀྱི་ལཱ་འབད་མ་ཨིན། དེ་བརྒྱུ་སྟེ་ ང་བཅས་ འཛམ་གླིང་ནང་ཡང་ ཕོ་དང་མོ་གི་བར་ན་འདྲ་མཉམ་འོང་དགོ་ །

ང་བཅས་རྒྱལ་ཁབ་ཀྱི་ རོ་རྟགས་འདི་ ང་བཅས་ཚུ་གིས་ བདག་འཛིན་འབད་དགོ་ ང་བཅས་ཀྱི་འབྲུག་རྒྱལ་ཁབ་བརྒྱུ་སྟེ་ རྒྱལ་ཁབ་

གཞན་ག་ཡང་མེད། འབྲུག་པའི་འབངས་མི་སེར་ག་ར་གིས་ སྤར་སྒྲོལ་ལམ་ལུགས་བདག་འཛིན་འཐབ་ནིའི་འགན་ཁུར་འདི་ ང་བཅས་འབངས་མི་སེར་ག་ར་ལུ་ཕྱག་པ་ཡིན་ཟེར་ཤེས་དགོ། འདི་འབད་ནི་དེ་གིས་ ང་བཅས་ཀྱུ་ཁབ་ཀྱི་ སྤར་སྒྲོལ་ལམ་ལུགས་ བདག་འཛིན་འབད་ནི་འདི་ བཙུན་ལུགས་བསྐྱེད་དེ་འབད་དགོཔ་ཨིན།

ད་མཇུག་ར་ ང་བཅས་ག་ར་དང་ ལྷག་པར་དུ་ང་གི་སེམས་ཁར་ལུ་ ང་རང་ཆེ་སྒྲོན་མའི་ཆོགས་བསགས་སྤྱིབ་པ་སྦྱངས་ལས་བརྟེན་ ཆོས་ལུན་འབྲུག་གི་ཀྱུ་ཁབ་ནང་ སྤྱི་བ་ལེན་ཏེ་ འཛམ་གླིང་ཀྱུ་ཁབ་གཞན་གྱི་ གཞི་ལུ་ ང་རང་འབྲུག་པའི་མི་ཁུངས་ཅིག་ཨིན་ཟེར་སྒྲུབ་ནི་འདི་ལུ་ ཉིང་དྲངས་མའི་དགྲིལ་ལས་རང་ དཔའ་ཉམས་སྒྲོམ་སྒྲེ་བསྐྱེད་དེ་འོངམ་མ་ཚད་ ང་རང་བཟུམ་སྒྲེ་འབྲུག་མི་ག་ར་ རང་གིས་རང་ལུ་ངལ་རངས་དང་ཡིད་ཆེས་བསྐྱེད་པ་མ་ཚད་ དཔའ་ཉམས་ཀྱི་ཐོག་ལས་ གངས་བར་ནང་གིས་ཚུ་འཐུང་། སྤྱིན་བར་ནང་གིས་ཉིམ་བསྟོ། ཁྱེར་སྤྱབ་དོ་བཟུམ་ དགའ་ཏྲོག་ཏྲོ་དང་ སྤྱིད་ཏྲོ་དོ་སྤྱོད་གནས་ཏེ་ཡོད་མི་འདི་ སེམས་ཁར་ལུ་ དཔའ་ཉམས་སྒྲོམ་བསྐྱེད་དགོ་ཟེར་ཁུ་ནི་ཨིན། །

ཀློང་ལྷན་ག་སྤར་དེ་གི་ བསམ་ཅེ་འབྲིང་རིམ་སྒོ་བ་གྲན་ སྒོ་བ་རིམ་ ན་ པ་ནང་ལྟ་བུ་ཨིན། མོ་དཔེ་ཆ་ལྟ་བུ་ནི་དང་ ཡི་གུ་འབྲི་ནི་ལུ་གནམ་མེད་ས་མེད་ སྒོ་བ་བསྐྱེད་ནི་ཡོད། ཨ་རྟག་ར་སྒོ་བ་གྲན་ལྷན་བསྐྱེད་ཅེ་ བྱིས་ནང་ལྟོད་པ་ད་ མོ་དཔེ་དེ་བཙུན་གྱི་ཡོད། མོ་ མོ་རའི་མ་འོངས་པའི་དོན་ལུ་ གནམ་མེད་ས་མེད་ཅེ་འགོངས་ཏེ་ དཔེ་ཆ་དང་ལྟ་བུ་འབད་མི་ཅིག་ཨིན།



## འབྲུག་ཀྱུ་ཁབ་ཀྱི་ ལམ་སྒྲོལ་དང་རྩྱུགས་གི་སྒྲོར།

འཛིག་རྟེན་པའི་དཔེ་གཏམ་ལས་ ལུང་པ་རེ་ལ་ལུགས་སྒྲོལ་རེ། ཁྲིམ་རེ་ལ་ཆོས་ལུགས་རེ། ཁྱེར་སྤྱབ་སྒྲོལ་ཡོད་དོ་བཟུམ་སྒྲེ་ འཛམ་གླིང་ཀྱུ་ཁབ་ག་ཏེ་ལུ་ཡང་ རང་སེམས་ལམ་ལུགས་སྒྲོལ་དང་ ཆོས་ལུགས་ཡོད་པ་ཨིན། ང་བཅས་རའི་ འབྲུག་ཀྱུ་ཁབ་ནང་ལུ་ གཞན་ནང་མེད་པའི་ ལམ་སྒྲོལ་བཟང་པོ་མ་འདྲུལ་ལེ་ག་ཡོད་པ་ཨིན།

དཔལ་ལྷན་འབྲུག་པའི་ཀྱུ་ཁབ་ཅིག་ཨིནམ་ལས་བརྟེན་ཏེ་ ཆོས་ལུགས་དང་ལམ་སྒྲོལ་འདི་ གནམ་མེད་ས་མེད་གལ་ཆེ་ཤོས་ཅིག་འབད་ཅིཝ་ཨིན། ལམ་སྒྲོལ་བཟང་པོ་འདི་ཚུ་ལས་བརྟེན་ཏེ་ ཀྱུ་ཁབ་ཀྱི་རྩྱུགས་ཡང་བརྟོན་མ་ཨིན། འབངས་མི་སེར་ཚུ་ དགའ་སྤྱོད་འོང་ལུ་ སྤྱོད་ནི་ཐོབ་ནི་དང་ གཞན་ཀྱུ་ཁབ་ཚུ་དང་མཐུན་ལམ་བཟོ་ཚུགས་མི་ དེ་ཡང་གཙོ་བོ་ལམ་སྒྲོལ་དེ་ལས་བརྟེན་ཏེ་ཨིན།

སྤྲུལ་སྤྲུལ་ལས་ཡང་ རོགས་ཁ་མ་ཤེས་རང་ཁ་བྱང་། །ཟེར་སྤྲུལ་དོ་བཟུམ་སྤྱེ་ ང་བཅས་ཚུ་གི་ཡང་ གཞན་རྒྱལ་ཁབ་གི་ ལམ་སྤྲུལ་ཚུ་  
ཆེས་སྤྲུལ་འབྱུག་པ་ཅིན་ རང་གི་རྒྱལ་ཁབ་གི་ ལམ་སྤྲུལ་བཟང་པོ་ཚུ་མར་ཉམས་འགྱུར་གི་དང་ རྒྱལ་ཁབ་གི་ནི་བདེ་ཚུ་ཡང་མེད་པ་འགྱུར་  
ནི་ཉེན་ཁ་ཡོད། དེ་མ་ཚད་ རྒྱལ་ཁབ་རང་དབང་རང་བཅན་འབད་ གནས་ཐབས་ལུ་ཡང་ གཞན་པ་འབྱུང་ནི་ཨིན་འབྱུག་མི་ག་ར་  
གི་ཤེས་དགོང་ཁག་ཆེ། འབྱུག་རྒྱལ་ཁབ་གི་ མི་སེར་གི་ཚུ་ གངས་པ་ནང་གིས་ཚུ་འབྱུང་། །སྤྲིང་པ་ནང་གི་ཉམ་བསྐྱོད་ །དགའ་སྤྲིད་གི་  
ངང་ལུ་ སྤྲུལ་སྤྲུལ་ཆོགས་ཏྲག་ཏྲ་སྤྱེ་ སྤྲོད་ནི་འཐོབ་མི་འདི་ གཙོ་བོ་ར་ལམ་སྤྲུལ་བཟང་པོ་དེ་ལས་བརྟེན་ཏེ་ཨིན།

ད་མཇུག་ར་ དཔལ་ལྷན་འབྱུག་པའི་ མི་སེར་གཅིག་ཨིན་པའི་ ཆ་ལས་ང་བཅས་རའི་ སྤྲོན་བྱོན་རྒྱལ་པ་གོང་མ་དང་ བཅས་བཟང་  
པོ་འུལ་བཞག་ལམ་ལུགས་སྤྲུལ་བཟང་པོ་ཚུ་ མར་ཉམས་མ་བཟུག་པར་ བདག་འཛིན་ཐབས་ནི་འདི་ མི་སེར་རེ་རེ་བཞིན་དུ་གིས་  
འགན་ཁུར་ཅིག་ཨིན་མེས་དགོ། ལམ་སྤྲུལ་འདི་ར་ ཡོད་པ་ཅིན་ དགའ་བ་དང་སྤྲིད་པ་འདི་ རང་བཞིན་གི་འབྱུང་ནི་ཨིན་མེས་  
འབྱུག་མི་ཆེ་འབྲིང་ཆུང་གསུམ་ག་ར་གི་ སེམས་དང་མཛོ་བསམ་གཅིག་ཁར་མཐུན་ཏེ་ ང་བཅས་རའི་ལམ་ལུགས་སྤྲུལ་བཟང་པོ་འདི་ཚུ་  
བདག་འཛིན་འཐབ་ནི་འདི་ གནམ་མེད་ས་མེད་ ཁག་ཆེ་ཤོས་ཅིག་ཨིན་ནོ། །

གཏམ་ཆོག་གསུམ་བད་ལན་མ་བཟུན། །པ་དང་བྱ་ཡང་དོ་མི་ཤེས། །ཟེར་སྤྲུལ་སྤྲུལ་ཡོད་དོ་བཟུམ་སྤྱེ་ མོ་གིས་མིང་ཀྱན་བཟང་སྤྲོལ་མ། སྤྲོ་བ་རིམ་ ན་ པ་སྤྲེ་ཚན་  
ག་ བསམ་ཅེ་འབྲིང་རིམ་འོག་མ་ནང་ལྷབ་ཨིན། ཀྱན་བཟང་འདི་ ཡོན་ཆུང་ཀྱ་བསྐྱང་ལས་ ཀྱི་དེ་བ་དང་སྤྲོ་བ་དེ་བ་ལྷག་ནི་དང་ འབྲི་ཅོམ་འབྲི་ནི་ འབྲི་ལྷག་ཤེས་  
ཡོན་གི་ལུ་ སྤྲོ་བ་སྤྲོམ་ཡོད་མི་ཅིག་ཨིན།



## འབྱུག་མི་ཨིན་པའི་དཔལ་ཉམས་པ།

ང་བཅས་འབྱུག་མི་ཨིན་ཟེར་སྤྲུལ་ནི་ལུ་ དཔལ་ཉམས་མ་འབྲུལ་ཅིག་སྤྲིད་དེ་འོང་མ་མས་ཟེར་ཞུ་ནི་ལགས། དལ་འབྱོར་གི་ མི་ལུས་རིན་པོ་  
ཆེ་ཆར་ཅིག་ཐོབ་ད་ལུ་གཞན་དང་མ་འདྲ་བའི་དགའ་སྤྲིད་དཔལ་འབྱོར་དང་ལྷན་པའི་རྒྱལ་ཁབ་ ལྷ་ཡི་གཡུས་དང་དབྱེ་བ་མེད་པ་ཅིག་གི་  
རྒྱལ་ཁབ་ལུ་སྤྲུལ་ཞིན་མེས་མི་ མི་འུ་གཟུགས་སྤྲོ་བས་དང་བཟོ་བཟླ་འབད་རུང་ ལྷའི་བྱ་དང་བྱམོ་བཟུམ་སྤྱེ་ཆ་མཉམ་འཇའ་རིས་མོ་ཙང་ཙ་  
ཡོད་པ་མ་ཚད་ རྒྱ་ཞོར་འོངས་སྤྲོད་གི་ཐད་ཁ་ལས་འབད་རུང་ འོག་ཁྱའི་རྒྱ་སྤྲོ་བས་བཟུམ་ཡོད་པའི་ཁར་རྒྱལ་ཁབ་གི་མིང་ཡང་རྒྱལ་ཡོངས་  
དགའ་སྤྲིད་དཔལ་འཛོམས་གི་རྒྱལ་ཁབ་ཟེར་ མཚན་སྟན་གསུམ་དར་བྱབ་འགྱུར་སྤྲོ་ཡོད་པའི་རྒྱལ་ཁབ་ནང་ལུ་སྤྲོད་ནི་འོག་སྤྲུལ་སྤྲུལ་ཐོབ་མི་  
འདི་ལུ་ སྤྲུལ་བ་བཟང་ལྷག་ཟེར་ སེམས་ཏ་ཙང་གི་སྤྲོ་བའི་ངང་ལས་ ང་འབྱུག་པ་ཨིན་ཟེར་སྤྲུལ་ད་ལུ་སེམས་སྤིང་ལས་རང་ དཔལ་ཉམས་  
བསྤྲིད་དེ་འོང་མ་མས་ཟེར་ཞུ་ནི།

ང་བཅས་འབྲུག་མི་ཡོངས་ཀྱི་ཁྱོད་པའི་ཁྱོད་ཆས་ལས་འབད་རུང་ དཔའ་བོ་མོ་སྤྲོད་ཆ་བྱབ་ལུ་གོ་དང་ དཔའ་མོ་མོ་འི་ཁྱོད་ཆས་འདི་དཀྱི་  
ར་ཟེར་ཡོད་པ་མ་ཚད་ མགྱུ་རྟོ་ཁར་ཞུ་ལས་འགོ་བཙུགས་རྟེན་མའི་ལྷ་མ་ཚུན་ཚོད་གཞན་གྱི་ རྒྱལ་ཁབ་དང་མ་འདྲ་བའི་ཁྱོད་ཆས་  
དཔེར་ན་མོ་འི་ཁྱོད་ཆས་ དཔའ་རྟགས་ཚོགས་ལྷན་བཀའ་ཞུ་ལ་སོགས་པའི་ཁྱོད་ཆས་དང་ མོ་འི་ཁྱོད་ཆས་རིགས་ཡང་དཔེར་ན་ ལྷ་  
སྟན་ ཡོལ་སྒོག་ལུ་གཡུ་དང་བྱུ་རུ་ ལག་པའི་བཞོན་པ་རུང་ གོས་ཆེན་གྱི་ལྷོད་གོ་ རག་ཅུ་ལ་སོགས་པ་ རྒྱལ་ཁབ་ག་རྟེ་ཡང་མེད་པའི་  
རང་ལུགས་ཀྱི་ཁྱོད་ཆས་ལུ་བཟུ་རུང་ ང་འབྲུག་མི་ཡིན་ཟེར་བའི་བསྐྱང་ལས་དཔའ་ཉམས་འོངས་མས་ཟེར་བྱ་ནི་ལགས།

སྤྱི་གཤམ་ནུམ་གཞག་གི་ཐད་ལས་འབད་རུང་ ཆེ་བ་དཔོན་དང་གཡོག་གི་བར་ན་པམ་དང་བྱ་གཞི་ལོ་ན་རྒྱས་ཤོས་དང་རྒྱུ་ཤོས་ཚུ་གི་བར་  
ན་ དེ་ལས་ཆོས་དང་སྤྲོད་ཀྱི་བར་ན་ཡང་གཞན་དང་མ་འདྲ་བའི་བྱུ་ཆོས་དང་ལྷན་པའི་སྤྱི་གཤམ་ཟེར་ཡོད་པ་མ་ཚད་ ཐ་ན་མི་ག་རྟོ་བཟུ་  
ཐངས། ལམ་འགྱུ་ཐངས། ལྷོ་ཟ་ཐངས་དང་། ལྷག་པར་དུ་སྤྱོད་སྤྲོད་པའི་སྤྲོད་པའི་ལུ་ཡང་སྤྱི་གཤམ་གྱི་སྤྱོད་པའི་གཞན་ ག་རྟེ་ཡང་མེད་  
པའི་ལུགས་སྤོལ་བཟང་མོ་ཚུ་ལུ་གཞི་བཞག་རུང་ ང་འབྲུག་མི་ཡིན་ཟེར་དཔའ་ཉམས་ཡོད་ཟེར་བྱ་ནི་ལགས།

ཆོས་ལུགས་ལས་འབད་རུང་ནངས་པ་སངས་རྒྱུ་པའི་ཆོས་ལུགས་ཟེར་ སངས་རྒྱུ་བཙུ་ལྷན་འདས་དང་གྲུ་རུ་རིན་པོ་ཆེ་ དེ་ལས་  
ཞབས་རྒྱུ་དང་དབང་རྒྱུ་ལུ་སོགས་པའི་ རྒྱུ་ཆེན་དམ་པ་ཚུ་གིས་ ཉམས་སུ་ལེན་པའི་ཆོས་ལུགས་ནང་ལས་ ཆོས་འབྲུག་པ་  
བཀའ་བརྒྱུད་ཟེར་ཡོད་མི་འདི་ཡང་ཆེ་འདི་ཕྱི་གཉིས་ཀ་པན་ཐོགས་ཡོད་པའི་ཆོས་ལུགས་འདི་གིས་ ད་ལྟོ་སྤྲོད་པའི་རིང་ལུ་བར་ཆད་  
སེལ་ནི་དང་ ཆེ་ཕྱི་མ་འབད་རུང་དག་པའི་ཞིང་ཁམས་ལུ་བསྐྱལ་ནི་འདི་རུས་པ་ཡོད་པ་ལས་ འཛམ་གླིང་རྒྱལ་ཁབ་ག་རྟེ་ཡང་མེད་པའི་ཆོས་  
ལུགས་ཅིག་ཡོད་ས་ལུ་སྤྱོད་པའི་འདི་གི་ ང་འབྲུག་པ་ཡིན་ཟེར་སྤྲོད་པའི་ལུ་དཔའ་ཉམས་ཡོད་ཟེར་བྱ་ནི་ལགས།

ཁ་སྐད་ར་འབད་རུང་ནངས་པ་སངས་རྒྱུ་པའི་ཆོས་དང་འབྲེལ་བ་ཡོད་པའི་ཁ་སྐད་རྫོང་ཁ། ཤར་ཕྱོགས་པ། ཁེངས་ཁ། མང་སྤེ་པའི་ཁ།  
བུམ་ཐང་པའི་ཁ་དང་ལྷོ་མཚམས་པའི་ཁ་ལ་སོགས་པ་ཡོངས་བསྐྱོམས་ཁ་སྐད་རིགས་མ་འདྲམ་བཙུ་བཙུག་དེ་ཅིག་ཡོད་མི་དེ་ཡང་ གཞན་གྱི་  
རྒྱལ་ཁབ་ག་དང་ཡང་མ་འདྲམ་བའི་ཁ་སྐད་སོ་སོ་ཅིག་ཡོད་མི་འདི་ལུ་བཟུ་རུང་ ང་འབྲུག་པ་ཡིན་ཟེར་སྤྲོད་པའི་ལུ་དཔའ་ཉམས་འབྱུང་དོ་  
ཟེར་བྱ་ནི་ལགས།

རང་ལུགས་ཀྱི་སྤྲོད་ཁྱིམ་རང་འབད་རུང་ ང་བཅས་འབྲུག་པའི་ཁྱིམ་གྱི་བཟོ་བཀོད་དང་ལྷ་བྲིས་ལ་སོགས་པའི་མཚན་གྱི་རིགས་ཡང་འཛམ་  
གླིང་རྒྱལ་ཁབ་ག་རྟེ་ཡང་མེད་པའི་ གཞན་དང་མ་འདྲམ་ཅིག་ཡོད་པ་ལས་ རང་ལུགས་ཀྱི་ཁྱིམ་བཟོ་ལས་འབད་རུང་ བྱུ་ཆོས་མ་འདྲམ་  
ཡོད་ནི་འདི་གིས་ རྒྱལ་ཁབ་གཞན་གྱི་མི་ཚུ་གི་ཡང་ང་བཅས་ཀྱི་ཁྱིམ་བཟུམ་ རོགས་ཀྱི་རྒྱལ་ཁབ་ནང་ཡང་ དཔེ་བཟུ་ཞིན་མ་ལས་

ཀྱལ་མི་མཐོན་ཡོད་མི་འདི་ལུ་བཟླ་རུང་ ང་འབྲུག་མི་ཡིན་པའི་དཔའ་ཉམས་སྒྲོམ་ཡོད་ཟེར་ལུ་ནི།

ཅེད་རིགས་འབད་རུང་རང་ལུགས་གི་མདའ། རོ་སྒྲོར་དང་ཁུ་རུ་ལ་སོགས་པའི་ཅེད་རིགས་ཚུ་ཅེད་ཐངས་ཡང་མ་འདྲམ་ཅིག་ཡོད་པ་མ་  
ཚད་ མདའ་འཆམ་ཟེར་རྒྱལ་སྐྱོལ་ཡོད་པ་ལས་ གཞན་གི་རྒྱལ་ཁབ་ནང་མ་དང་སྤུ་ལས་ར་མེད་པའི་ ལུགས་སྐྱོལ་བཟང་པོ་ཅིག་ཡོད་མི་  
འདི་ལུ་བཟླ་རུང་ ང་འབྲུག་མི་ཡིན་པའི་དཔའ་ཉམས་འབྱུང་དོ་ཟེར་ལུ་ནི་ལགས།

འབྲུག་ལུ་དཔེ་ཆ་ལྟ་བུ་མི་སྒྲོལ་ཕྱག་ཚུ་ཆ་མཉམ་ རིན་མེད་སྟོང་པར་སྤེལ་བ་ནི་གོ་སྐབས་ཐོབ་སྟེ་ཡོད། དཔེ་ཆ་གི་དེབ་ཚུ་ཡང་ཉོ་མ་དགོ་  
པར་ཐོབ་ཡོད་པ་གི་མ་ཚད་ སྒོ་བ་གྲེ་བ་ཚུ་ལུ་སྒྲིག་གོ་ཚུ་ལས་འགོ་བཟུང་ རིན་མེད་སྟོང་པར་སྤེལ་གཞུང་ལས་གནང་ཡོད་པ་ལས་ ང་  
བཅས་སྒོ་བ་ཕྱག་ཚུ་གིས་ཐོབ་ལམ་ལུ་བཟླ་རུང་ ང་འབྲུག་པ་ཡིན་ཟེར་མ་དུ་ལུ་རང་བཞིན་གི་དཔའ་ཉམས་ཡོད་ཟེར་ལུ་ནི་ཡིན་ལགས།  
སྤྱན་ཁང་རང་འབད་རུང་རང་བཅས་གི་རྒྱལ་ཁབ་ནང་མི་སེར་ཆ་མཉམ་ར་ རིན་མེད་སྟོང་པར་སྤེལ་བ་ལས་བརྟེན་ མིའི་ཆོ་སྒྲིག་ཡང་དང་ཕུ་  
ད་ཕུད་པ་ད་ལེ་ལྷ་གི་ཡར་སེང་འགྱུར་ཏེ་ཡོད་པ་ལས་ ཉེ་མ་འབད་བ་ཅིན་ མི་ཆོ་ལོ་ལུ་བཅུ་དང་དྲུག་བཅུ་ལས་མ་ཐུབ་རུང་ ད་ལྟོ་འི་ཐང་ཁ་  
སྟོང་པ་ད་ མིའི་ཆོ་སྒྲིག་འདི་ལོ་བཟུད་བཅུ་དང་དྲུག་བཅུ་དེ་ཅི་ཐུབ་སྟེ་ཡོད་ཟེར་མི་འདི་ལུ་བཟླ་རུང་ ང་འབྲུག་མི་ཡིན་ཟེར་པའི་དཔའ་  
ཉམས་སྒྲོམ་ར་ཡོད་ཟེར་ལུ་ནི་ལགས།

རྒྱལ་ཁབ་ཚུང་ཀྱ་ཅིག་ཡིན་རུང་ སྤྱོད་མ་ལས་དུས་ད་ལྟོ་ཚུན་གི་རིང་ལུ་ རྒྱལ་ཁབ་ག་གི་འོག་ལུ་ཡང་མ་ཚུད་པར་རང་དབང་རང་བཅོན་  
སྤེལ་གནས་སྟེ་ འཛམ་གླིང་རྒྱལ་ཁབ་སྤྱོད་མ་ཤོས་གཉིས་གི་སྤྱུག་ལུ་རང་དབང་རང་བཅོན་གི་རྒྱལ་ཁབ་སྤེལ་གནས་སྤེལ་གནས་ཏེ་ཡོད་མི་  
འདི་ལུ་རང་བཅས་མི་སེར་ཆ་ལྷབ་ཡོད་ཆོ་ ངལ་རངས་གི་ཐོག་ལས་འབྲུག་མི་ཡིན་པའི་དཔའ་ཉམས་ཡོད་ཟེར་ལུ་ནི་ལགས།

མཐའ་འཁོར་གནས་སྤངས་གི་སྒྲོར་ལས་འབད་རུང་ བཙུག་རྒྱུང་བཀག་ཐབས་ཡོད་པའི་རྒྱལ་ཁབ་ཅིག་ཡིན་པ་ལས་བརྟེན་ནགས་ཆལ་  
འབད་རུང་ ཤིང་དང་མེ་ཏྲོག་སྤྱོད་མ་ཆ་ཆང་ཡོད་པའི་ནགས་ཆལ་དང་ འདི་ནང་ལས་སྤྱོད་ཤིང་གི་རིགས་ཙང་ཙང་ཡོད་པ་ལས་ རྒྱལ་  
ཁབ་གི་མིང་ཡང་ སྤྱོད་སྤངས་འབྲུག་གི་རྒྱལ་ཁབ་ཟེར་ཐོབ་ཏེ་ཡོད་པ་མ་ཚད་ རྒྱུ་རིགས་ལས་འབད་རུང་གངས་རི་ལས་འབབ་པའི་  
གཙང་ཚུ་ཉིང་སངས་ཡོད་པ་ལས་ འདི་ནང་ལུ་སེམས་ཅན་རིགས་མ་འདྲམ་ཚུ་དགའ་སྦྱིད་སྟོན་ཉམས་གི་ཐོག་ལས་ འབྲུག་མི་སེར་ས་  
སྒྲོ་དགའ་ཏྲོག་ཏེ་ཡོད་པ་ལས་བརྟེན་ མཐའ་འཁོར་གནས་སྤངས་གི་སྒྲོར་ལས་བཙུག་རྒྱུང་མ་པ་ལས་མེད་པའི་ རྒྱལ་ཁབ་སྤེལ་ འཛམ་  
གླིང་རང་བཞིན་གནས་སྤངས་གི་ཡིག་ཆང་ལྟེ་བ་ལས་འབྲུག་གི་རྒྱལ་ཁབ་གི་གསོལ་རས་ཐོབ་སྟེ་ ཡོངས་གྲགས་མཐོན་ཡོད་པ་ལས་ ང་  
འབྲུག་མི་ཡིན་ཟེར་དཔའ་ཉམས་སྒྲོམ་ར་ཡོད་ཟེར་ལུ་ནི་ལགས།



མི་དབང་མངའ་བདག་ཀྱི་པོ་རིམ་འབྲེན་ཚུ་གི་འབད་རུང་ མཛེད་བྱ་བ་བཟང་པོའི་ཐོག་ལས་བྱམས་སྦྱང་དང་བརྩེ་བ་ཡོད་པ་ལས་ མི་  
སེར་ཆ་བྱབ་ ས་མེད་མི་ཚུ་ལུ་སའི་སྦྱིད་སྤྱད་གནང་ ཁྱིམ་གྱི་དཀའ་ངལ་ཡོད་མི་ཚུ་ཏཱ་ར་ཡ་ནའི་གོགས་རམ་གྱི་ཐོག་ལས་ ཁྱིམ་རྒྱབ་  
སྤྱོད་པར་སྤྱོད་གསོལ་རས་གནང་སྦྱིད་སྤྱད་ག་ཅི་གི་ཐད་ལས་འབད་རུང་ མི་སེར་ཆ་བྱབ་དཀའ་ངལ་ག་ནི་ཡང་འབྱུང་མ་བཅུག་པར་  
ལྷའི་གཡུས་ཁར་ལྷོད་ལྷོད་པ་བཟུམ་དགའ་སྤྱོད་ཚད་མེད་གྱི་ངང་ལུ་གནས་ཏེ་ཡོད་པ་ལས་ མི་དབང་མངའ་བདག་ཀྱི་པོ་རིམ་འབྲེན་ཚུ་  
གི་ མི་སེར་སྤྱོད་སྤྱོད་མི་འདི་ལུ་ ང་དཔའ་ཉམས་སྦྱོམ་ར་ཡོད་ཟེར་ཞུ་ནི།

ང་བཅས་དཔལ་ལྷན་འབྲུག་པའི་མི་སེར་ཚུ་ ཆེ་ཉེ་མའི་བསོད་ནམས་སྦྱོམ་བསགས་ཡོད་པ་ལས་དཀའ་ངལ་ཟེར་མི་ག་ནི་ཡང་མེད་པར་  
དགའ་སྦྱིད་ཡོངས་སྦྱོད་སྤྱད་སྤྱོད་ཚུ་ཆོག་པའི་ངང་ལུ་ ཀྱུལ་ཁབ་མཐའ་དབྱས་མེད་པ་ སྤྱོད་འཁོར་གྱི་ལམ། སྤྱོད་མེ། འབྲུང་ཚུ་ལ་  
སོགས་པའི་མཐུན་ཆུན་ཚད་མེད་པ་གནང་སྤྱོད་དགའ་སྤྱོད་འཁོར་ལུ་གནས་ཏེ་ཡོད་པ་ཨིན་ནོ། །

ཆོག་བཅད་གྱི་ཐོག་ལས་ལེགས་སྦྱོན་ཅིག་ཞུ་བ་ཅིན།

རྒྱལ་ཁབ་དཔལ་ལྷན་འབྲུག་པ། །

ཡོངས་སྦྱོད་སྤྱད་སྤྱོད་ཆོག་པ། །

བྱད་ཆོས་གཞན་དང་མི་འདྲ། །

དཔའ་ཉམས་བསྦྱང་དགོས་འབྱུང་ཡོད། །

འཇམ་དབྱངས་ཆོས་སྦྱོན་འདི་བསམ་ཅི་འཐིང་རིམ་སྤོབ་གྲ་གོང་མའི་ནང་ སྤོབ་རིམ་ ར་ པ་ཀ་སྤེན་ལུ་རྒྱབ་ཨིན་མས།



## འབྲུག་མི་དཔལ་ཉམས་བསྐྱེད་དགོང་།

ཡོད་པ་རང་ལས་བཏོན། །མེད་པ་རོགས་ལས་འཛོལ། །ཟེར་སྐབ་སྔོན་ཡོད་དོ་བཟུམ་ ང་བཅས་རའི་ དཔལ་ལྷན་འབྲུག་གི་རྒྱལ་ཁབ་འདི་  
བྱང་ཕྱོགས་ལུ་ཡོད་པའི་འཛམ་གླིང་ནང་གི་ རྒྱལ་ཁབ་སྟོབས་ཤུགས་ཅན་ཚུ་གི་སྤྱུག་ལུ་ཡོད་པའི་རྒྱལ་ཁབ་རྒྱ་ཁྱིམ་ཡིན། རྒྱལ་ཁབ་  
འདི་ རྒྱ་ཁྱིམ་ལས་མེད་དེ་འབད་རུང་ རྒྱལ་ཡོངས་དགའ་སྐྱིད་དཔལ་འཛོམས་ཀྱི་ལྷ་བ་འདི་ལུ་བརྟེན་ འབྲུག་གི་རྒྱལ་ཁབ་འདི་ འཛམ་  
གླིང་ག་རྟེ་ཡང་ ལེགས་པའི་གཏམ་སྙན་གསུམ་བྱུང་སྟེ་ཡོད་པ་ཡིན། དེམ་ཚད་ མི་རྩེ་ཡང་ བསམ་པ་བཟང་བའི་ཁར་ རང་གི་ལཱ་ལུ་བཟོན་  
ཤུགས་བསྐྱེད་དེ་འབད་མི་དང་ དད་པ་ཡིད་ཆེས་ ཐ་དང་དམ་ཚིག་བསྟེན་སྟོན་མི་ཅང་ཅ་ར་ཡོད་པ་ཡིན། །

འབྲུག་པ་ཚུ་ རྒྱ་ཡིག་དང་ ཁྱོན་ཆས་ཁྱོན་ལུགས་ཚུ་ གཞན་རྒྱལ་ཁབ་དང་ཅ་ལས་མི་འདྲ། འདི་བཟུམ་གྱི་ཁྱད་ཆོས་དང་ མཛེས་པའི་  
སྟོན་ལམ་ཚུ་ རྒྱལ་ཁབ་གཞན་གྱི་གདོང་ཁར་ སྟོན་པའི་སྐབས། དབྱེ་གཏམ་ལས་ཡང་ སྐྱེ་ལུང་ཡོད་པ་བཟུམ་ལུང་ཡོད། །སྐྱེ་ལུགས་རེ་ལུ་  
བཟུམ་ལུགས་རེ། ཟེར་སྐབ་སྔོན་ཡོད་དོ་བཟུམ་ འབྲུག་པའི་ཆོས་ལུགས་ཡང་ རངས་པ་སངས་རྒྱུས་པའི་ཆོས་ ཐེག་པ་ཆེན་པོའི་ལྷ་བ་  
གཞན་ལུ་གཞོན་འཆོ་མེད་པའི་ བདག་གཞན་གཉིས་ཀ་ བདེ་བ་འཐོབ་ནི་ལུ་ བཟོན་པའི་ཆོས་ལུགས་ཅིག་ཡིན། མི་སེར་ཚུ་ཡང་ དཀོན་  
མཆོག་གསུམ་ལུ་ དད་པ་བསྐྱེད་དེ་ ཡར་མཆོད་མར་སྦྱིན་ནི་གྱི་བྱ་བ་ཅང་ཅ་འབད་མི་དང་། སེམས་ཅན་ག་ར་ རང་གི་ཕ་མའི་སྤྲུང་བ་བཞག་  
སྟེ་ ག་ར་ལུ་ བྱམས་པ་དང་སྤྱིང་ཚེ་བསྟོམ་རྟེ་སྟོན་མི་ཡིན། །

སྟོ་ཅིས་པ་དང་བྲ། །རྒྱ་ལན་ཞར་དང་ཞོར། །ཟེར་སྐབ་སྔོན་ཡོད་དོ་བཟུམ་ འབྲུག་པའི་མི་ཚུ་ ལཱ་ག་ཅི་འབད་རུང་ ལས་རྒྱ་འབྲས་དང་  
ཐ་དམ་ཚིག་དཔང་ལུ་བཟུགས་རྟེ་ བདག་གཞན་གཉིས་ལུ་ སན་པའི་བྱ་བ་ལུ་བཟོན་པའི་སྤྱུག་ལས་ དཀོན་མཆོག་གི་བྱིན་བརྒྱབས་ དེང་ས་སུ་  
འཇུག་སྟེ་ ལོ་ཕུགས་རྟག་རྟ་ལེགས་ རྟ་ཡམས་སྤྱ་གེ་ མིང་ཙམ་ཡང་མེད་པར་ ག་ར་ཞི་བདེ་གི་ངང་ལུ་ སྟོན་དེ་ཡོད་པ་ཡིན། །  
མི་སེར་ག་ར་ མཐོ་བསམ་གཅིག་ཁར་བཏང་སྟེ་ རྒྱལ་འབངས་གཉིས་ཀྱི་བར་ན་ ལྷག་བསམ་ངོ་མ་མེད་པའི་དམ་ཚིག་གཙང་མ་ རྒྱ་དང་  
ཨོམ་བཟུམ་སྟེ་ཡོད་པ་ལས་ བྱ་བ་ག་ཅི་ར་འབད་རུང་ མཐུན་ལམ་གཅིག་སྦྱིལ་གྱི་ཐོག་ལུ་ ལག་པ་གཅིག་ཁར་མཐུན་དེ་འབད་ཕ་ལས་  
དཀའ་ངལ་ག་ཅི་བཟུམ་ཅིག་ར་འཐོན་རུང་ རང་བཞིན་གྱིས་ཞི་སྟེ་ གཞན་གྱི་རྒྱལ་ཁབ་ནང་བཟུམ་སྟེ་ རང་འབྲུག་ཟེར་མི་འདི་ མིང་ཙམ་  
ཡང་མེད་པར་ མི་སེར་ག་ར་ དགའ་ཞིང་སྟོན་ཞིང་སྟེ་གནས་རྟེ་ཡོད་པ་ཡིན། །

འབྲུག་པ་ཨིན་ཟེར་ དཔལ་ཉམས་བསྐྱེད་དགོ་པའི་རྒྱ་མཆོན་ཡང་ རྒྱལ་ཡོངས་དགའ་སྐྱིད་དཔལ་འཛོམས་ཀྱི་ ལྷ་བ་འདི་ལུ་བརྟེན་ དགའ་  
རྟོག་རྟོ་སྟེ་སྟོན་ནི་འཐོབ་ཐོབ་ཡིན། ལྷ་ཡུལ་གཉིས་པ་ དཔལ་ལྷན་འབྲུག་གི་རྒྱལ་ཁབ་ འདི་ནང་ལུ་ རྩམ་ནམ་ཡང་བཟུང་མ་ཚུགས་

པའི་ བཀའ་ངེན་ཅན་གྱི་འབྲུག་རྒྱལ་བཞི་པ་ དཔལ་མི་དབང་འཇིགས་མེད་སངས་ཀྱི་དབང་ཕྱུག་མཆོག་གི་ ཐུགས་ཀྱི་དགོངས་གཏེར་  
རྒྱལ་ཡོངས་དགའ་སྐྱིད་དཔལ་འཛོམས་ཀྱི་ལྷ་བ་འདི་ འཛམ་གླིང་ཡོངས་ལུ་ཁྱབ་སྟེ་ཡོད་པ་ལས་ དཔལ་འབྱོར་གྱི་ཐོག་ལས་ ཡོངས་  
གྲགས་མེན་པར་ དགའ་སྐྱིད་ཀྱི་ཐོག་ལུ་ཡོངས་གྲགས་སངས་ཡོད་པ་ལས་ འབྲུག་པ་གར་དཔའ་ཉམས་བསྐྱེད་དེ་སྟོན་པ་ཡིན། །

འབྲུག་གི་རྒྱལ་ཁབ་འདི་ རྒྱ་ཁྱུ་ཅིག་འབདཿ་ལས་ མི་སྡོལ་དང་རྒྱ་སྟོབས་ཀྱི་ཐོག་ལས་ གཞན་རྒྱལ་ཁབ་དང་དོ་འབྲུན་འབད་  
མ་ཚུགས་རུང་ ང་བཅས་པའི་རྒྱལ་ཁབ་ནང་ལུ་ རིན་པོ་ཆེ་གསེར་སྤངས་སྟོང་ཕྱག་སྟེ་ ཕྱིན་ཏེ་ཉོ་རུང་ འཛོལ་པར་ལཱ་ཁག་ཡོད་པའི་  
ལམ་སྟོལ་བཟང་པོ་ ཆོས་དང་རིག་གཞུང་། སྤྱི་གཞི་ལམ་རྣམས་གཞག་ སྐད་ཡིག་ལ་སོགས་པ་ མ་ཉམས་པར་གོང་ལས་གོང་དུ་འཕེལ་  
ཏེ་ཡོད་པ་ཡིན། དེ་འབདཿ་ལས་ རྒྱལ་ཁབ་ནང་དགའ་སྐྱིད་ཀྱི་དཔལ་ཡོན་ རང་བཞིན་གྱིས་འབྱུང་སྟེ་ མི་སེར་གར་ ཚད་མེད་པའི་  
དགའ་སྟོན་འབྱུང་སྟེ་ཡོད། འབྲུག་པའི་མི་ཚུ་ཡང་ གཞན་རྒྱལ་ཁབ་ ག་སྟེ་ལས་པར་འབྱོར་རུང་ འབྲུག་པ་ཡིན་ཟེར་དཔའ་ཉམས་  
བསྐྱེད་ཚུགས་དོ་ཡོད་པ་ལས་ ད་ལས་པར་ མ་འོངས་པའི་བྱ་བ་རྒྱ་ཚུ་གི་སྐབས་ལུ་ཡང་ དེ་སྟེ་ར་སྟོན་ཚུགས་པ་བཟོ་ནི་ སེམས་  
ཁར་བཞག་སྟེ་ ལཱ་འབད་དགོཔ་འདི་ གལ་ཆེ་ཤོས་ཅིག་ཡིན། །

སྤྱི་མིར་པར་དྲན་འདི་ བསམ་ཅེ་འབྲིང་རིམ་སྟོབས་གཞི་ནང་ སྟོབས་རིམ་ ༡༩ པའི་ནང་ཕྱབ་དོ་ཡིན། ཁོ་སྟོབས་གཞི་ནང་བྱུང་གི་ཡོངས་དཔོན་འབད་ཕྱག་ཏུ་དོ་ཡོད་པ་  
དང་ ཁོ་གི་སྟོབས་གཞི་ནང་འབད་རུང་ ཕྱི་ཁར་ཡིན་རུང་ བྱ་སྟོན་བཟང་པོའི་ཐོག་ལས་ སྟོབས་ཕྱུག་གཞན་མི་ དཔེ་བཟླ་སའི་གཞི་ཅིག་ལུ་འགྱུར་ཏེ་ཡོད་པ་ཡིན།



# ESSAYS

Key Stage I

## I am a Chey Chey Scout

Bhutan is a beautiful country blessed with a kind King. Our King Jigme Khesar Namgyal Wangchuck kept us at home and saved all of us from Covid-19 while He went around the country to take care of His people. He gifted CodeMonkey to all the children. I really enjoy playing CodeMonkey because it is so much fun. I feel thankful to our King and would like to show my gratitude in three ways.

Firstly, I will continue to wash my hands to stay away from germs and stay healthy. If I don't get sick, I could go to school to learn and enjoy CodeMonkey too. Also, my country can save medicine for other sick people.

Secondly, I will continue to develop my reading habits because reading makes me smarter and more powerful. I can learn about different people, places and new ideas. Reading makes me creative. I read one page before going to bed each day. My mother said that our King wishes to see every Bhutanese child read. So, I would like to read for my King.

Lastly, I would like to become a kind and humble person just like our King. As a Chey Chey scout, I promised to do my duty to God, self and others. My scout leader taught us that being responsible, kind and sharing makes a Chey Chey scout. I help my friends with CodeMonkey, I take care of my own waste, and I am kind to everyone. So, I think I am going to grow into a kind and loving

person by developing these small good habits.

– Yeshey Tshogyal Dorji, Class II, Samtse Lower Secondary School. Seven-year-old Yeshey loves playing CodeMonkey, reading and swimming. She also likes to paint and draw. She takes pride in being a Chey Chey scout.



## Proud to be Bhutanese

'Bhu' means - High

'Tan' means - Land

Together, Bhutan is our country. People here are called as Bhutanese. Bhutan is a very small country. It is between two big countries – China and India.

However, due to our forefathers, our country is still peaceful, strong and as one nation. I feel very proud to be a Bhutanese because our country has its own national language that is Dzongkha that we all speak.

I feel proud to be Bhutanese because we all wear our national dress, that is gho and kira which others don't have. We have our strong and helpful King.

I feel proud to be a Bhutanese because our country is full of green forest. Due to the green forest, we get fresh air to breathe. We Bhutanese always drink clean water. So, I am very

proud to be a Bhutanese citizen of the country Bhutan.

– Lesen Subba, Class I, Dipujra Primary School.



## Exploring Self

Our King has always said that, “Today’s students are the future of tomorrow”. So, we need to always work hard so that we can fulfill the dream of our King. We must take responsibility and complete the task given to us by our teacher. It is our responsibility to make our future better by doing the right thing.

Our life is what we choose to make. If we choose to follow the wrong path, we will have a difficult end. But if we try to listen to our parents and teachers, we will reach a good ending. We have many resources that will last for many future generations, but if we do not use those resources carefully now, we will run out of them in future.

Firstly, we need to start thinking better about ourselves. We must not speak bad about others, instead think well about others and help them. There are many other simple things we can do like being punctual in the class, and completing homework on time. Taking care of our younger and respecting elders.

Secondly, we must take care of our wealth. In simple ways, we can close the tap after we have used it. We must plant trees and replace every tree we cut because the forest is our greatest source of water and oxygen. It is our duty to keep these resources for our future and not use all of them now.

Thirdly, we need to keep our environment clean. We should not throw rubbish because it will destroy our beautiful country. We must keep ourselves and the surroundings clean to stay free of diseases.

Therefore, if we can start doing these little things today, we can surely make a big difference in taking care of our future. Finally, I would like to request everyone to start thinking about what you do now to make our future better. This is important because our future is our responsibility.

– Manisha Dhal, Class III, Denchukha Lower Secondary School. Manisha’s favourite subject is English. She actively participates in classroom discussion. She likes to read books and volunteers to share her readings in the class.



## Our King

Our King is like a God for everyone. Our King is very diligent and hardworking. Our King protects our kingdom. The King lives a busy life. He leads ministers and officers. Our King works very hard to keep us safe. His name is King Jigme Khesar Namgyel Wangchuck.

Because of the King's leadership, the ministers and officers are doing their work happily. Because of the King's hard work, joy and happiness are everywhere in Bhutan. Our King protected our kingdom from Covid-19. The King loves His people very much. The King is great for His people. Our King is a saviour for our Bhutan.

Everyday the King works very hard to keep His people happy. The King has His own way to lead. If the King visits a place, everyone will welcome Him with love. Our King works day and night. Everyone in the kingdom loves our King. Bhutan is the land of Thunder Dragon, and the King is called the Dragon King.

Leadership of the King is a very big responsibility. Our King does everything for His people. Bhutan is a small and beautiful place. There are schools everywhere in our country. The King gives children school supplies because He wants them to study. The school children get food from the King. We love to go to school, and we love our King.

– Kelxang Yuden Phuntsho, Class II, Yoeseltse Middle

*Secondary School. Kelxang loves reading and writing. She is keen to participate in every literary activity in the school. She is very good in studies and is a creative and talented student. She is also the topper of her class.*



## Being a Bhutanese

My name is Rewas Chhetri. I am eight years old. I study in Class Two in Depheling Primary School under Sanga Choling gewog in Samtse. I am a Bhutanese. I am very proud to be a Bhutanese.

As a Bhutanese, I feel very proud to talk in Dzongkha and English. In our school, we have a rule to talk only in English and Dzongkha. I enjoy talking in our national language the most. Every day, I practise speaking in our national language, Dzongkha.

Our National Dress is Gho and Kira. It is one of the most important symbols of our country. It makes us look different from other countries. I feel very happy to wear our national dress. My father and brother also wears gho, and my mother wears kira.

His Majesty Jigme Khesar Namgyal Wangchuck is our King. He is very kind and gentle. I love my King very much. We celebrate all the important national events in our school. Our country is very peaceful. I love my King and the Country.

– Rewas Chhetri, Class II, Depheling Primary School.  
Rewas is from Depheling Toed in Sangngagchholing gewog.



## My Class Lesson

I am going to write about Bhutanese culture and identity. The way we live, talk, eat, and dress is called culture. Bhutan is known as a country with rich culture, and people over the world love our culture. They even come to our country to see and experience our beautiful culture.

As every country has its national identity. My country has its own national identity too. Dzongkha is our national language. Gho and kira are our national dress. Cypress tree also known as tsenden shing is our national tree. Blue poppy, the cute flower growing on the high mountains is our national flower. Archery is our national game. Takin is our national animal, and raven is our national bird. Ludlow's Bhutan Swallowtail is Bhutan's national butterfly. I learnt all of these in my class today.

Different parts of our country have different dialects like Khengkha, Sharchop, Mangdep, Lhotshampa, Kurtoep and many more. Everybody knows our national language Dzongkha, and

everyone loves to speak our national language.

Every Dzongkhag has different festivals like losar, durga puja, deepawali and tshechu. During these festivals, all family members gather happily together, dressed in their best clothes, eat delicious meals and mostly, they pray to have a good life next year too.

Our country is unique in many ways. Due to these unique things, we can remain as one sovereign country. And I as a future citizen would like to pass down our rich cultures to our younger generations.

– Khentsho Yoezer Wangchuk, Class II B, Samtse Lower Secondary School. Khentsho likes to play football and read books during his free time. He wants to become a footballer when he grows up. His favourite subject is ICT and Arts.



# ESSAYS

Key Stage II

## My vision for Bhutan and my role in achieving this vision

At present, Bhutan has developed in many ways. We have good roads connecting all parts of the country. There are schools built across all remote areas. There are also hospitals and basic health units built for all citizens. Bhutanese and their living styles have also improved and changed. Many people are travelling out of the country to study and work. My vision of my beloved country is where all the people are working together for the King, country and people. My role in achieving this vision is becoming a teacher and teaching the next generations the culture, values and importance of serving the tsa-wa-sum.

After 10 years, I see myself graduating from Samtse College of Education and becoming a teacher. Before that, as a student, I see myself working and studying hard for the goals I have set for myself and my country. I study smartly and use my time wisely to complete school work. It is because marks are important for me to pass the board exams with good percentages. I also learn other important lessons such as driglam nam zha, cultural dances, school activities, sports, and many other lessons taught by my teachers. These lessons will be helpful in future, and it will also help me become a well-mannered and cultured Bhutanese.

Other than my textbook lessons, whenever I get free time, I try to read articles about our country and histories of our beloved Kings. This helps me to realise how much they have done so that we can live peacefully. I also try to read news and watch BBS whenever I get time to watch television. I listen to the speeches of our Kings and Queens. Although I do not understand all of it, I get motivated and inspired by a few words that I understand.

I listen to adult people's conversations and talks and have learnt that many Bhutanese are leaving the country to work in East Asian countries and other western countries. My parents always remind me to study hard and serve the King and the country because the King has done and given so much to us.

Till date, I haven't seen other countries providing free education and health facilities for their citizens. Whereas in our country, the government is providing free education, health facilities and other essential needs. It is all because of our farsighted leaders in our country. Not only have our Kings developed the living standard of our parents but they have developed transport systems, education sectors, health sectors, and many more to be mentioned. As a proud citizen of Bhutan, I would like to salute our beloved King's dedicated service for the betterment of the country and tsa-wa-sum as a whole.

Therefore, when I become a teacher, I will do

my best to teach children about the importance of preserving our culture and values, patriotism and serving the tsa-wa-sum. As a student, we must do our best to learn what our teachers teach us in schools apart from classroom lessons. The future of our country is in our hands and we must visualise how we can be a part of the good future that we will create for future generations to come. It is now our duty to repay the sleepless nights our Kings, leaders and forefathers have spent for us by sensibly and mindfully shouldering the responsibility of our nation's future.

– Sherab Dema, Class VI, Namgaycholing Primary School, Tashicholing. Sherab has been actively participating in numerous literary activities and competitions conducted in the school. Her class teacher describes her as an energetic and active student, always ready to participate in the class and other activities conducted in the school.



## Our Future, Our Responsibility

Our Fourth King, His Majesty King Jigme Singye Wangchuck said, “The future of the country lies in the hands of the youth”. I feel this to be very true, and I believe the youths are responsible for the future of our country. Since we are the future, we must work to create a bright

future which is solely in our hands. I feel very honoured to take responsibility for my country and its future. In the past, I feel like we didn't know how to take responsibility with heart and soul for our country. But now we are educated enough and have the knowledge to decide how we will contribute to our country.

I understand that I have to take responsibility for my future. This is not an easy thing to do. I should know what I am going to do with my future that can be good for my country, or it can ruin me. If I am not able to contribute to my country, it will be a waste of me being a Bhutanese. As for me, I try to make good decisions considering all the help His Majesty and the government provided when we were under lockdown due to the COVID-19 pandemic outbreak. For example: health services provided vaccines, groceries were dropped to our houses, and any help necessary for the people to survive their life was provided at our doorstep.

People of Bhutan are fortunate to be born in Bhutan as I know that our country is the only country that provides free health facilities and education facilities which are very important tools that we need in our life. My country is giving everyone of us an opportunity to brighten our future. Therefore, everyone should not lose this opportunity to do something great to make our King and country proud. Likewise, I would like to urge everyone to take our own responsibility to make our country's future bright. We are the ones who can bring change or else no



one is going to do it for us and for our country. His Majesty has taken a huge responsibility for the people and the country altogether. Now, I feel it is high time for me to take my role because it is my duty to do well for my motherland. My responsibility is to study hard for a bright future and successful life. Now I am in class V. My responsibility is to listen to my teachers, do my work on time, follow the rules, code of conduct of the school. As a class captain, I have to learn how to help my class to have a conducive learning environment, how to be kind and share and love my friends because those are my duty to do as a class V student. So, every individual must think and do our duty in a productive way to make this place a paradise.

Lastly, I understand that I have to take responsibility for my future. I can change more things today than tomorrow. And I always have my King to help me and push me.

– Manjita Rai, Class V, Phuntshopelri Primary School.  
Manjita's ambition is to become a doctor. Her hobbies include playing football and reading books. She participated in this creative writing competition because she wants to improve her spelling and writing skills.



## Discipline of the Self

It is in our hands to decide whether we want to have a happy and prosperous future or an unsuccessful one. I guess everyone wants a happy and fulfilled future.

I feel it is important for everyone to develop proper self-discipline for a successful future. I feel that self-disciplined people have a higher chance of having a better future over others who lack self-discipline.

For me having self-discipline does not mean that we have to do big things. Self-discipline starts with small things like being responsible with your waste, writing your homework on time, reading a book or fulfilling your set goals or improving your grades. I feel that being a self-disciplined person is the same as being a responsible person who creates a better future.

Likewise, a person who is lazy and not self-disciplined will not achieve anything in life. They will not finish their homework on time, they will have poor grades in study. So, an undisciplined person is not being responsible for his or her own future.

If we self-discipline ourselves and become responsible for things like taking care of our own waste, turning off the water tap after use or switching off the lights, then it will become a good habit. Such basic habits can help in pro-



tecting our environment for the future generations and for ourselves. Likewise, if we read books, do our homework every day, and eat healthy food, we can easily succeed in our studies and ensure a secure and comfortable future.

Lastly, we all should be self-disciplined because it decides what kind of future we will have. Unless a person is very lucky, I do not think being undisciplined will not help anyone have a good future for themselves as well as their country.

– Pema Selden, Class V, Norbugang primary School.  
Pema was awarded the first position from her class in the mid-term examination, 2022. She is one of the enthusiastic students participating in any literary activities conducted in the school and is a fluent reader and scores good marks in language subjects.



## I Know My Future

Everybody has dreams of having a bright future. I also have dreams for the future like every other person. I dream of a good job, with lots of money and a beautiful SUV car.

But with dreams and hopes also comes responsibility. It is hard to think about a personal future when I have not experienced much of life. There are so many paths I could take. I do not know what direction I will be heading in to-

morrow. I can only hope that I make wise and careful decisions about my life. Every choice I make will affect my future. I know my goal and ambitions, and I shall work hard to achieve it.

A goal I definitely see in my future is completing my studies from a College. Education is one of the most important values one needs to have in life. Taking responsibility for my own learning is one aspect that I am going to give priority for my future.

We should be taught to be responsible from our childhood, to be prepared for the future. However, many of us (including me) do not feel responsible for our lives. We have to change our priorities if we want to become successful. The road in front of us is unseen, and we cannot see where the road leads. For that we have to prepare ourselves from now itself to win the battle whether big or small.

Our future is not far from now. It is what we do today, for if we work and study hard we will reap a bright and successful future. On the other hand, if we take it lightly now, we will experience a difficult path. We reap what we sow.

His Majesty the King rightly said “We cannot foresee it, but as long as we approach it with the right intention and values. I assure you of a bright future. The future will reflect what we do today”. With this, I feel I know what my future will be because I will approach it with the right intention and values.

– Pema Jatsho Wangyel, Class V B, Norbugang Primary School. Pema exhibits leadership qualities and is a great learner. He has shown keen interest in reading, writing and exploring new ideas. His hardworking and organisation skills always stand out.



## Reading Books - My New Responsibility

Books truly are our best friends. Although books do not have a soul, books are always there to help and be a companion when my friends are not there. There are different types of books like fiction, non-fiction, short stories, and moral stories and so many more that I cannot even list it all. Books are the medicine to heal depression, sadness and loneliness that we feel in our lives.

Just last week I was reading a comic book. I do not actually remember the title of the book, but the story was about two best friends. It was a Japanese comic book, which had English translations. I started to read it, and the story was about two boys named: Naruto and Sasuke. Naruto and Sasuke were childhood enemies. Naruto was always jealous of Sasuke because a girl named Sakura had a crush on Sasuke. Sasuke did not like Sakura at all, but Naruto did not know this.

Naruto and Sasuke would always fight and argue with each other about almost everything.

But, although Naruto and Sasuke would always fight with each other like enemies, a bond was built between them they never expected. The exact words Naruto said to Sasuke even between fights was "It's because I'm your friend!". But still, they both fought until both of them lost their right arm.

So, I would say that book saved my life from knowing the true meaning of friendship. It is a bond that keeps us close, no matter how far we may be from each other. This one comic book changed and transformed my life for good, and whenever I feel bored, I read story books. I heard people say reading has lots of benefits like we can improve our English grammar, improve imagining and so on.

The other thing in my life that inspired and motivated me to develop interest in reading and books is through the influence of girl in my class. This girl is the academic topper in my class. She is good in all the subjects, and she reads lots of books, and it has given her lots of improvement.

So I picked this story book about Naruto and Sasuke, which has touched me deeply. Now I feel like I should read more books, not for anybody but because I can see things that I did not know before.

– Yeshey Wangchuk, Class VI, Samtse Lower Secondary School. Yeshey is a 12-year-old and hopes to join the national volleyball team in future. He also aspires to become a Dasho.

## My Hero

Hero is somebody who commits an act of some type of bravery or who has shown an admirable quality such as great courage, bravery or strength of some kind of character. My King is my real hero who defines the real meaning of hero unlike Krish or Spiderman. Hero is someone who is special to one's life and who brings a smile to the faces of thousands of people by solving their problems. To me, my King, widely known to the whole world as King Jigme Kheser Namgyel Wangchuck, is a person to whom I look upon as a great inspiration and a real meaning of my hero.

My King was born to our Fourth Druk Gyalpo Jigme Singye Wangchuck and Queen Mother Azhi Tshering Yangden Wangchuck on 21st February in 1980. In 2008, He was enthroned as our Fifth King, and now He is happily married to Gyaltsuen Jetsun Pema Wangchuck, who is another icon for many Bhutanese people. Now His Majesty and Gyaltsuen are parents to two young handsome princes.

I am forever grateful to be born as His subject because my family and I are always safe. We never felt unsafe being born under the reign of the Wangchuck Dynasty. My King is a great human being, genuine, selfless, and warm hearted person who never lets His people be in danger. This was proven during the time of COVID-19

where He endured unending hardships and sacrifices by touring around the country putting His own life at risk at the peak of COVID-19 pandemic just to keep His subjects safe and protected. Unlike other leaders, my King does not believe in staying at the comforts of His Palace but has been always on the road, walking under the sun and rain for the wellbeing of His people and country. His Majesty met with people and granted *kidus* to many people who lost their jobs because of COVID-19. My hero even thanked and showed His gratitude to each frontliner with gift hampers on several occasions.

His Majesty always gives me hope to live one more beautiful moment of my life. His Majesty is the reason I did not miss out on schooling despite being born to a poor family. I have been getting free education since class PP, and I am still blessed to receive the continuous support from His Majesty. And yes, I don't have to buy notebooks because in my school I get free stationery too. Even during the pandemic, I never missed my lesson though education was interrupted because we were taught through SIM (Self Instructional Material), and our teachers did door-to-door teaching.

In 2020 and 2021, there had been no sign of an end to COVID-19 pandemic, yet my King stood wise, and we were constantly reminded that we will overcome it. Unlike other countries, we were able to lead reasonably normal lives

in Bhutan. Not only during the pandemic but throughout our life, my King made sure that every person living in Bhutan, be it Bhutanese or non-Bhutanese avail free health facilities.

Therefore I would like to extend my humble prayers and best wishes for His Majesty's long life and good health. And may His Majesty continue to inspire young minds.

*– Tshering Lhamo, Class VI, Gayshing Goan Primary School. Tshering is twelve years old and is enthusiastic in learning and never fails to impress her teachers and give hope to her mates. She currently serves as the house captain of Chung house and as a scout leader.*



## Hard Work

'Hard work is the key to success.' If I talk about hard work, it is an art or skill that will make our future bright and everyone knows that. We cannot find jobs unless we are hard working and well-educated. With an amazing speed of development in our country, there are some people who do not value hard work as money has made things easier for them.

Hard work can help us in different ways. Hard work is not only about studying, but it is about arts, skills and talents. Many people do not know their own talents, but they discover their talents by working hard. Hard work is not a

thing to buy, but a skill to learn and master. To be hard working, you must work every day and focus on what you are doing. Hard work will help you find yourself. There are many youths who do not like to do even a bit of work as they get more interested in drugs and relationships, and at last these youths are the ones who suffer having no jobs and would be roaming in towns. This can make such youths vulnerable to working as servants for others thus leaving their dreams and aspirations unfulfilled.

Last year, there were fewer students who passed from Class X. It was very shameful for the schools in the country. Nowadays students are not studying and not even worried about their examination and future. Instead, the teachers seem to be more worried about them.

As a youth of this country, I think if these habits of the youth go on, then after five years, our country will lose all beautiful qualities that make us great. So, we should stop indulging in laziness and instead focus on building a new future that is more promising and comforting. As a Bhutanese, we should be a hard working person and develop our country for our own self. One should study hard and work hard because it is one's own future. If you brighten it up, it is your own victory, and if you fail, it will also be your own loss.

*– Ngawang Lhamo, Class VI A, Tendruk Central School.*





# ESSAYS

Key Stage III

## Take a Teeny Tiny Step Today

“Our Future, Our Responsibility”. Likewise, with rapid change in the world, a new generation rises with a different set of responsibilities. The new generation must take the lead and take our country into a brighter future, and they must take responsibility as new leaders. But for all of that to happen we must start in our youths and learn to be the next leaders, learn how to take our country’s problems as our own, enhance our critical and problem-solving skills and try to use these skills and knowledge in our daily lives.

One of the main responsibilities is the preservation of culture, tradition and cultural heritage. As the world evolves, it brings about new changes. As someone rightly mentioned, ‘change is mandatory for extraordinary results’. Similarly, one of the most relevant technologies invented is smart phones. Smartphones help in many different ways, but one side effect is that the younger generations get influenced by trends and other cultures they see on the internet and forget about their own culture, heritage and tradition. If we carelessly avoid preserving our culture, there is a huge risk that our country will one day lose its title of being an independent nation. Therefore, it is our responsibility to preserve our unique tradition, culture and heritage while also implementing changes to evolve with the new world.

The responsibility we have is the preservation of our environment. As the world changes, new technologies are produced. But to produce such technologies, factories are mandatory, and some factories produce and emit toxic chemicals which harm the environment and cause problems like pollution. But the most imminent problem is global warming, and it is our responsibility to find solutions and ways to reduce such problems for a better future not only for our country but for the world as a whole. So, some measures that we can follow to reduce such problems are – putting off unnecessary cooling and heating devices during bearable climatic conditions. Avoid producing and buying packaged foods and reducing pollution by taking public transport.

Another responsibility is to refrain ourselves from indulging in activities such as teenage pregnancy, substance abuse, gang activities and other such harmful activities. It is our responsibility to take care of our future and choose what kind of life we will live and what kind of life we will lead our country towards. Our King rightly pointed out that the future of the nation lies in the hands of the youth. So, let’s take the inspiration from our beloved King and avoid being engaged in such harmful anti-social activities and work towards quality and wholesome education for a better future.

Lastly, as a future citizen we must carry the responsibility of preserving our culture and tradition while also changing with the evolving world. Solving issues concerning the nation by



starting to take teeny tiny steps by starting to put off the water and lights when not in use. Take a single step each day, and there will be a time when your tiny, little efforts would make a huge impact on you as well as on your future generations. Our future is our responsibility, take a tiny step today!

– Sherab Dorji, Class VII, Norbugang Central School.

*Sherab is interested in writing because he feels that as an introvert, writing helps him express his thoughts to a wide range of audiences.*



### A Better Dream for a Better Me

A dream is a cherished aspiration, ambition, or ideal. Everyone has a dream to become someone in their future, a dream to become an engineer, doctor, officer, army, teacher and many more. But only few are able to fulfil their dreams as they know what their main responsibilities are at present and recognize their responsibilities. As said by Colin Powell, “A dream doesn’t become reality through magic; it takes sweat, determination and hard work.” To achieve their dreams, the common problems faced by many are that they do not recognize their responsibilities. They run away from their responsibilities, lack determination and support. If we want to make our future better, we need to take our own responsibilities now.

Everyone is trying to take their responsibilities - as a student and as an adult, but for some, it is difficult because they do not try to do what needs to be done. This leads to becoming extremely sad and most likely to be very angry with their life. If you are an adult, you may have a family that you love and responsibilities to carry, you want to make your children and parents happy and take good care of them. You want to see your children becoming a kind-hearted person. So to fulfil it, first you must take all the responsibilities that are there and teach your children good manners.

At present many students do not study well and do not take their life seriously. Youths are blinded by games and influenced by foreign lifestyles which result in multiple problems and issues. Some students will do well while others may not. This may change their future, they may have difficulties earning money and being a respected person in future. We have become fragile nowadays. Even taking care of ourselves seems to be difficult.

But if you are a student like me, your main responsibility right now is to study and gain new knowledge about how the world is changing. We should have strong excitement and strong feelings for our dreams, and only then can we fulfil our dreams in future with fewer struggles. Many of us seek a better future without taking responsibilities which is not possible. Some of the responsibilities that we need to take as a youth are: to study hard, to be helpful, be disciplined, uphold the values of honesty, be

punctual, comply with the school and country's laws and always be prepared for any situation. These responsibilities are the ultimate source of becoming successful in one's life, and we can enjoy the fruit that we have sown.

Lastly, we should have the mindset and determination to work on what we are lacking by gaining all the skills that are there. If we want our life to be good and successful, we need to take small steps from the very beginning as one small step can make a great difference. Everyone seeks happiness and peace, but only those who work hard enjoy it while others struggle. You may enjoy now with all that leisure, but if you suffer now then you are bound to have a good life in future. I am determined to achieve my own goals and dreams as I want my future to be bright and to live comfortably in the future.

– Sital Sharma, Class VIII A, Norbugang Central School.  
*Sital loves reading novels and writing short stories and essays and aspires to become a writer in his future.*



## Kings as the Symbol of Sovereignty and Security

The tiny kingdom Drukyl (Land of the Thunder Dragon) situated in the Himalayan region, where Drukpas (people of Bhutan) thrive is surrounded by majestic mountains and perennial

rivers, flora and fauna, diverse culture and one people. All the symbols combined to represent Bhutan are not even remotely close to our King; the walking God, the symbol of Bhutan's sovereignty and security. The Wangchuck dynasty successively dedicated their lives for the good of Bhutan and her people in unimaginable ways.

Bhutan's education system has witnessed spectacular growth and transformation from the primarily more dominant monastic education to the western model of modern education; from a few countable schools to over thousand schools; with an appreciably higher rate of literacy rate compared to rest of the neighbours in the region. So much has been achieved in the field of education under the visionary Kings. No child is left behind; everyone is given equal rights and access to be a learned person. Knowing the importance of education, all Bhutanese are given free education despite the small and struggling economy.

Contrary to the services available in super rich countries in the world, Bhutan, despite its small size and pace of development, still provides free medical services to its citizens. Everyone, rich or poor, is given the same medical attention to the extent of referring patients to countries outside Bhutan for medical treatment. This kind of act comes from the compassionate leaders. If people are sick and weak, so will the country be and if the people are healthy, the country is bound to prosper and grow strong.

The way Bhutan fought COVID-19 pandemic has been amazingly historic and magical. His Majesty the King toured and set foot on all high-risk areas during the entire COVID-19 pandemic period to motivate and encourage the people to be strong and not give up. His Majesty's love and affection for His subjects was exemplified by visiting the nook and corners of the country at the peak of COVID-19 pandemic, even missing the birth anniversary of His first son, Gyalsey Jigme Namgyal Wangchuck. Whereas the rest of the world leaders mostly worked in containing the COVID-19 pandemic outbreak through the comforts of their palaces or presidential residences, His Majesty just did otherwise. He walked on foot for days and weeks under torrential rains and harsh weather conditions, walking through leech infested jungles and forests to see the welfare and wellbeing of His subjects. His Majesty granted kidu to the people who lost their livelihoods and who could not afford to feed their family and themselves during the pandemic. His Majesty's love and compassionate leadership extended beyond humans. Desuups were commanded to feed dogs throughout the country for survival during the lockdowns.

His Majesty also continues to guide the government in further building and strengthening the country's diplomatic relationships with other countries in the region and abroad for development and security. His Majesty also encourages and motivates His people with His inspiring speeches. For example He stated: "Our greatest

objective is to ensure that the peace and security of our country remains intact for generations, and we are able to fulfil their dreams and aspirations, this national goals will be achieved when the people work harmoniously and in unity, putting aside all differences, with the timeless and inherent Bhutanese values of Dri-gram Choesum, Tha Damtsig, and Ley Judrey in mind. Our actions and the manner in which we work will determine the future of our country. As King, my dream for our country is that it will remain a beautiful, clean and organised paradise, where the people can live in safety and tranquillity".

Bhutan despite its smallness in size – geography, population, economy, etc. we are still a happy nation governed according to the philosophy of Gross National Happiness (GNH) and the selfless leadership and sacrifices our compassionate and benevolent King is always prepared to endure for the wellbeing and sovereignty of the country. Thus, all our Kings are truly the "Symbol of Sovereignty and Security" of the country. We wish our King an everlasting good health and long life.

*– Kelden Tshering Dorji, Class VIII, Dorokha  
Lower Secondary School.*



# ESSAYS

Key Stage IV



## My Vision of Bhutan and My Role in Achieving this Vision

Imagine Bhutan before the invention of any technologies and modern gadgets. What do you see? During the time of Zhabdrung, Bhutan was unified as a single nation. In the time of our First and Second Druk Gyalpo, the whole world was running around because of world war. Countries were struggling through economic depression and their citizens were struggling with poverty. But in our case, our responsible Kings, the only treasure of the Kingdom, saved us.

Slowly, the world changed and our hidden land saw the infiltration of technologies and modern gadgets. As our country is a Himalayan country, citizens were facing many obstacles in transportation and other developmental activities. The hard work and farsighted leadership of the visionary Kings of Bhutan slowly brought road facilities and many other developments in the country. Many technologies and modern gadgets were introduced in Bhutan. The lives of the Bhutanese became even more comfortable.

From a futuristic point of view, imagine Bhutan complete with all the possible technologies in the world. Our country would have automatic doors, cars, and flights as well. Doors would automatically open and close. Robots would automatically work for us. There might be flying cars and roads above the clump of the sky. Buildings

might also be built above the clump of clouds as well as under the gushing rivers of our mountains. Students will be busy studying on the internet using a large screen and a high-quality laptop, while parents will be simply sitting on the sofa and monitoring their work. After work or school, fast food would automatically float in our windows for office goers and school children. We would be walking on air where gravity would be under our control, and education facilities would touch the sky.

Does this seem like a future that is possible? Perhaps, not. So this is not my vision for my country. My vision for my country is simple: we should make our Bhutan abundant in resources, economics, great people, and well-developed thoughts. Being developed is very important, but being sensible, honest, and trustworthy as the development occurs is even more crucial for us. So, we must have a big mission to develop our small nation into a magnificent country where the Bhutanese people are considered full of virtue with excellent moral character. These are the changes I want to see in my future Bhutan.

This does not mean Bhutan should not improve in other areas. As of now, we do not have any scientists, but as it is rightly said by someone, "Action speaks louder than words", if the citizens of Bhutan take more action in the right direction rather than just giving speeches, Bhutanese citizens would also reach the pinnacle of the world. Their names would be included

in the list of the top most honourable scientists in the world. Bhutan would become strong to compete intentionally with other countries, and everywhere there would be the glory of His Majesty and our country. And these contributions should be achieved without losing sight of the citizens of Bhutan as sensible, honest, humble and trustworthy people.

Bhutan is already beautifully covered with the air of happiness. The only thing we can do is to make ourselves useful to the country. It is easy to imagine all the contributions you can make to the country, but bringing your imagination into reality is more difficult than climbing a cliff. We can achieve even more improvement if every citizen takes their responsibilities more seriously, efficiently and more consciously. As citizens of Bhutan, we should always take care of public properties. We as citizens should have a symbiotic relationship between man and nature to keep Bhutan green and a biodiversity hotspot in the world. We have to be sensible citizens to create crime-free surroundings and spread harmony all over Bhutan. We must preserve our culture, customs, traditions, and religion. As citizens, we should also stop dropping out of school at an early age, and give the highest priority to education.

To bring my vision of the country into reality, I need to take my responsibilities well. As citizens of Bhutan we must work hard, we must make our country stronger, more secure, and

prosperous year after year. Even though Bhutan has limited economic and military power, we have to make our Bhutan rich by giving our full support, love, and care to His Majesties and the country. We must always have a common goal - the goal of achieving the GNH of our people. We must always keep in mind that we are citizens of one small nation under kindhearted Kings.

This is my vision for Bhutan. My vision of Bhutan is beautiful and marvellous. So, I am giving my best to make my vision of Bhutan true, but we will only be able to achieve this vision if every citizen of Bhutan starts working towards this vision.

– Neeruta Rai, Class IX, Dorokha Higher Secondary School. Neeruta loves writing and reading. She has a great disposition for learning and is very humble in nature. She loves participating in literary activities in the school. She has been very consistent and persistent in every endeavour she undertakes in school.





## Pride of being Bhutanese

Nothing could be more striking than the pristine, haunting beauty of the landscapes of Bhutan or the atmosphere of peace and sacredness, which pervades the land from end to end. Bhutan, a place blessed with magical power, simply makes us feel like we have landed on paradise on earth. It is the pleasing and tender nature of Bhutanese that makes the nation unique and different from the rest of the countries in the world. Bhutan lies between two Asian giants, China and India. Bhutan is adorned with great mountains, fast flowing rivers, and green and dense forest. The country's sparkingly beautiful spring can be seen in a sea of pink, blue, and vibrant colored flowers everywhere.

Bhutan has prospered and found its place under the wings of legendary and far-sighted Kings of the Wangchuck dynasty. In particular, the fifth Druk Gyalpo, Jigme Khesar Namgyel Wangchuck has proven to be extraordinarily different. A leader with a lot of affection and concern for His subjects, He is always there to emphasise the welfare of the citizens and the development of the country. Even in most remote rural areas, there have been substantial impacts on the health and education facilities, supply of clean water and electricity, and more. It is no wonder everyone calls Him "The People's King".

Bhutanese place high value on religion in their daily lives. According to Buddhism, desires

cause suffering. Despite having inevitable desires, Bhutanese still have a strong conscious notion, a "give and take" attitude for their belief in Karma. The belief that "what goes around eventually comes around" is deeply rooted in each and every individual. The Dam Tshig and Lay Judrey values remind us to be kind, thoughtful, and considerate. It is humanity's common faith that holds the community together. Moreover, there are infinite sacred monasteries blessed with the spiritual aids of incredible saints on all peaks of the mountains. At the end, the sight of the heavenly valleys and temples at the mountain tops gives the sensation of accomplished bliss as if all our sins had been cleansed off.

Bhutan is now widely referred to as the "Land of Happiness" throughout the world as it pursues a developmental philosophy of Gross National Happiness (GNH), which is more important than the Gross Domestic Product (GDP). Above all, living under the guidance of our benevolent King and being inspired every single moment His Majesty's compassionate and visionary leadership is the greatest pride of being a Bhutanese. Our King and leaders have continuously determined the wishes of the people and have done many things to make the people have a better life. Free education is given, good health services are provided, and a healthy environment, vibrant cultures, values and happiness are nurtured and nourished in all people at all times.

One may find temporary blissfulness in other

nations, but Bhutan provides happiness that is greater than life itself. Bhutanese have this tendency to always try to be a better person, and for me, this is the national identity of being a Bhutanese. Bhutanese always strive for mental peacefulness. And this was evident in how our country tried to stabilise the fear among the citizens during the COVID-19 pandemic. While most countries in the world experienced unprecedented chaos and an unbalanced mind, our people stayed calm and composed. Thus, this clearly states that Bhutanese are the most fortunate beings among all and all of these efforts are being led by our great leaders.

I would be wrong if I do not say I am proud to be a Bhutanese. Not all can experience these privileges elsewhere in the world. Since we have a unique culture, tradition and way of living, we have a place in the hearts of many outsiders. Perhaps, our philosophy is the driving force that an outsider finds fascinating and gives us space in this competitive world. But I personally feel it is the inherent nature of us Bhutanese, which we learnt from the Kings, that makes us take pride in being Bhutanese.

– Kinley Yangdon, Class X, Tendruk Central School.

*Kinley mostly spends her leisure time reading journals, magazines or novels. She also loves to write poetry, essays and stories at times. However, her favourite is essay writing. She has actively participated in school literary activities and has received multiple certificates.*



## Our Future, Our Responsibility

Every one of us is responsible for our future. Today we can change more than what we were able to do before. Technology has helped us not only change our surroundings but also change human nature. We need to be responsible for our future as global warming is rapidly rising.

Global warming has become the most common and challenging problem in the world. Although there are many factors that lead to global warming, the production of methane gas contributes most to raising impurities in the atmosphere. Though the contribution of methane gas is minimal, it is important to reduce its amount in the air. As a concerned citizen, I would like to encourage my family and friends not to consume beef and lamb products, which produce methane gas. Instead of consuming the product from ruminant animals (hoofed mammals such as cattle, sheep, goats, etc.), they can eat fruits and vegetables. I suggest every household maintain a kitchen garden so that the waste from their kitchen will go back to the soil and get organic produce.

Further, “Reduce, Reuse and Recycle” is a slogan seen everywhere, and we need to follow it. The things we use at home can be reused, and we can also reduce our waste. Due to the rise in population, the quantity of waste has also increased, and it is our responsibility to minimise waste and use things sustainably. I manage the

waste produced from my home, and if each individual takes the responsibility for one's own home, then the earth need not be burdened with our waste.

Being a citizen of a Gross National Happiness country, I would like to make sustainable use of natural resources. I will always plant trees on Social Forestry Day and also on the birthday of my family members. Moreover, I save energy when not in use and always make a habit of closing the water taps when not in use.

The recent flash flood in Lhuentse, where five people lost their lives and their property, made me think about this. They live in a higher altitude which receives less rainfall, but they still have to face the consequences of natural disasters. Later I came to know that it was the result of Global Warming. I feel that the highlanders contribute very little to global warming, but they are the first ones to be affected by this kind of disaster. Therefore, I would strongly say that if we want to live happily as an individual, then we must act globally. I cannot change the mindset of all people, but I can at least change the mindset of a few people, including my family and friends. If they change, then the community will change, and as a result, the whole country will change.

– Swayam Giri, Class X, Peljorling Higher Secondary School.



## My Revered Person

“The person you admire the most is the person who inspires you the most”. Everyone has someone in their lives who they admire. For example, some people admire a celebrity, while others a fictional character in literature or any kind who has left a deep impression in their lives. They act as a supporting pillar for one's determination and motivation. Having someone to admire as a role model to look up to is also one of the important aspects of life. We need that one example to push ourselves further in hard times. His Majesty is a selfless leader and a figure of inspiration for many youths in this generation because of His excellent leadership. So, it is no wonder that my most admired and respected person is none other than our beloved Monarch, The Fifth Druk Gyalpo Jigme Khesar Namgyel Wangchuck, the People's King.

Firstly, His Majesty is a selfless leader as His Majesty is someone who gives utmost care and cherishes his lovely people more than His own wellbeing. Keeping the vision of Gross National Happiness in mind, His Majesty is always concerned about happiness of His subjects and considers the citizens as His own family. During the critical time of COVID-19 outbreak, despite the risks involved, His Majesty personally visited the the COVID-19 high risk zones risking his own health and safety. Apart from that, His Majesty also gave advice and was the one to supervise all the pandemic responses in the country mitigating the consequences of the pandemic.

This effort from the King was extended even before the pandemic as His Majesty has always held extra concerns for the people and their well-being. He visited every remote place in the country, overseeing the lives of people. And this sums up His Majesty's true selfless leadership as a leader who loves and cares for His people's wellbeing more than Himself.

Secondly, His Majesty's excellent leadership quality truly acts as a source of inspiration for many youths in this generation. With the motto of "One people, One nation", His Majesty is able to guide people into one nation. The nation is dependent on His Majesty's leadership at all times; thus, without it, the nation would not have been successful. During the pandemic, people around the nation were panicking due to the sudden COVID outbreak, but one speech from His Majesty provided a timely guidance to the people. When disasters such as major earthquakes struck, His Majesty organised teams to mitigate and oversee all the rescue responses putting people at ease. Besides internal affairs, His Majesty also looks after the external affairs of the country, which strengthens the relationship between Bhutan and other neighbouring or outside countries. Further, His Majesty also interacts with great leaders of different nations around the world. Such actions by His Majesty and the overall statesmanship to guide the people and country for a better future inspire many youths to be motivated and learn from His Majesty.

Thirdly, His Majesty's humble and kind-hearted nature honours him the title, The People's King. He mingles freely with the people and provides help to those in need. In fact, His Majesty also declared in His first address to the nation assuring that He would continue to rule with His father's policy in mind. Furthermore, His Majesty has initiated numerous programmes benefiting the people and the country. His Majesty launched the Kidu scheme in 2011, which is still helping numerous people financially. The De-suung training also started in the same year to encourage a spirit of volunteerism is making phenomenal differences in engaging the youths in nationally useful projects. In every natural calamities or other incidents that need rescue efforts, Desuups are always there to provide help and support. And all the thanks goes to the wisdom mind of His Majesty and for all the noble initiatives.

In conclusion, His Majesty is indeed a great and humble leader whose magnetizing personality attracts an unconditional love and respect from his people. His Majesty's kind and compassionate personality, talents and skills, and vision and foresight are rare among today's world leaders. In addition, His Majesty's leadership has guided people into working as one nation. His Majesty acts as the core and sole person for our nation's overall happiness. He is truly The People's King.

Therefore, my most revered person is His Majesty The Fifth Druk Gyalpo who is truly an in-



spiring role model and an admirable person to look up to in our lives.

– Arun Rai, Class X, Samtse Higher Secondary School.  
Arun has keen interest in reading news and is also an enthusiastic web-novel reader. He shares his knowledge of facts and figures with everyone who talks to him. He has also written articles based on his views for the school literary events for the past few years and hopes to write a novel in future.



## I am a Proud Bhutanese

Have you heard of a paradise on earth? There is one; it is called Drukyl (Land of Thunder Dragon). There is a completely different level of pride, perhaps the best kind that I feel when I call myself 'a Bhutanese'. It is a beautiful feeling one gets when one thinks about the best thing in life. It makes us feel more fortunate. Growing up in a place where I could go outside every morning, spread my arms, and breathe the fresh air is a gift. Such is the joy of being a Bhutanese, one is merely thankful to the triple gem for every little thing in life, from being able to wake up in the morning to a brand new day to having a plate of rice with ema datshi. Life is simple and happy in Bhutan.

To the world at large today, Bhutan is widely

called the 'Land of Happiness' as our country pursues the development philosophy of Gross National Happiness. Though small, our country is considered as a peaceful nation, and we enjoy the glorious reigns of our far-sighted kings. From the enthronement of the first king, Gongsar Ugyen Wangchuck in 1907 till the reign of our present King, Bhutan has advanced immensely in terms of technology, education, health and other developments. The past two years indeed were remarkable in the history of Bhutan, and we should be grateful to our King for those endless inspections, guidance, motivation, kidu and other advice, which is why we could successfully combat the pandemic. People really understood the selfless, loving and caring qualities of our beloved His Majesty.

Our words are limited, yet the King's service to the people is unlimited. During the course of the pandemic, many lost their jobs and had difficulty in sustaining their lives. His Majesty was the light in the darkness. We, the Bhutanese were extremely fortunate and blessed to have faced this pandemic under an extraordinary leader like His Majesty. 'Despite being a small country with a small population, we can overcome any challenges we are faced with, when people and the government work together,' said His Majesty in his Royal Address to the nation on 22nd March, 2020. We cannot repay His Majesty's efforts in our lifetime, but we can pledge to serve the country with sincerity and dedication as well as by being a good human being.



# BRAINWAVES

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As we look back, our Monarchs are the saviours of our light, for even a century and five Kings later, we wake up to better circumstances each day. Every day, as the morning star leads to the dawn, we wake up assured that we will not have any problems in this country like others. We neither have to beg, nor would see beggars; we do not hear the bombs and guns rather the music of peace prevails all over. Words are not enough to express the gratitude and love we have towards our Kings. How can I control the pride of being a Bhutanese when all I want is to boast about it. I happily and confidently can say that “I am so proud of my Kings and my country.”

– Sonam Choki, Class IX, Gomtu Higher Secondary School. Sonam is passionate about reading and writing. She has good leadership skills and is currently serving as the class captain. She usually spends her leisure time at school reading books and writing articles on different topics. She aspires to write a book of her own in the future.



# SHORT STORIES

Key Stage I

## Our King

Long, long ago, there was a beautiful country called Bhutan. The country has one great King named King Jigme Khesar Namgyel Wangchuck. He was born on 21st February 1980 to King Jigme Singye Wangchuck and Queen Mother Tshering Yangden Wangchuck. The people of the country celebrate His Majesty's birth anniversary on the 21st of February every year.

He has many brothers and sisters. They are all good and great helping the people of the country. They consider all people as their family members. He learned everything from His Father at a young age. He was well prepared to become a great King. He was crowned on 1st November 2008. He was only 28 years old then.

He married Queen Jitsen Pema Wangchuck. The King and Queen kissed on that day. We were happy. He is very handsome and smart. The Queen is very beautiful. They have two brilliant sons. The older Prince is named Jigme Namgyal Wangchuck and the little Prince is named Jigme Ugyen Wangchuck. They are a small and happy family. He lives in Thimphu at Lingkana Palace near Wangchu River.

He gives jobs to the army, police, Desuups, doctors, engineers, teachers and pilots. He gives

the students free education, hostel, books, geometry box, reading book, and eraser. He also gives vegetable seeds, fruit seeds and many more. He helps old people in the country. He leaves no poor behind.

Our King is our hero because He cares about our country and people. He is a living God. Our King is very helpful. He is liked and loved by all.

– Neeron Kr. Rai, Class III, Jaringay Primary School.



## Our King

In the heart of the eastern Himalayas, there lives a great King named Jigme Khesar Namgyal Wangchuck. He rules a country called Bhutan, which has many forests, rivers, animals and stones. He loves his people very much.

His mother's name is Queen mother Tshering Yangdon Wangchuk and his father is the fourth King Jigme Singye Wangchuck. He is married to Queen Jitsuen Pema Wangchuck. She is very beautiful, and I love her very much. Our King has two sons. They are very young and handsome. They were both born at Lingkana Palace in Thimphu.

My King gives free books, pencils, geometry boxes, laptops, masks, shoes, suits, food, medicine and salary to my teachers. We also got a free CodeMonkey from the King. He also makes BHU, roads, dzongs and schools for the people of Bhutan. He gave food to dogs in Thimphu during the lockdown. My King is my hero. He fought against CoronaVirus.

My King is thin and tall. He wears white glasses. He keeps his hair short. He wears a new beautiful gho. He wears big shoes. He wears a yellow Kabney when he comes to my village and school. He uses the Raven Crown given by his father.

Thank you, my dear King.

– Upashna Rai, Class II, Jaringay Primary School.



# SHORT STORIES

Key Stage II



## Covid-19 Warriors

In 2022, it had been days since the last time we saw the summer sun. The Covid-19 Pandemic had already locked us in our houses, and the weather worsened it. It had rained so much that the small drainage system around our neighbourhood had turned into muddy streams. Like others, our family was running out of food; despite calling all the toll numbers, there was a delay in the delivery of food items we ordered. My father was the only one who headed out when necessary. My younger sister, my mother, and I were so terrified of the covid-19 that we hardly looked out of our windows.

That summer night, it rained like the end of the world. None of us could sleep well as the thunder rattled the grounds and boulders rumbled in a nearby stream formed by the recent rain. In the morning, it was still raining. I was collecting the dishes when we heard a loud burst outside our house.

“Flood! There’s a flood!” exclaimed our neighbours. We looked through our small window and saw that the walls separating the houses had collapsed. The muddy water held by the wall was flooding the house near ours. I remember seeing our neighbour’s household items being carried away by the giant water. ‘Stay in. I’ll go and help our neighbour!’ my father shouted through the rain.

No sooner did my father leave, I felt my feet wet. By the time I looked down, our rooms were covered with water that was levelling up every second. ‘It’s coming from the toilet!’ my mother panicked. She handed us a bucket each and asked us to scoop the water while she tried to block the source. Even after scooping for a while, the water had only risen. ‘It’s no use, head outside instead!’ she shouted as she picked up my younger sister.

There was a huge stream right outside our doorway, and I couldn’t cross it. My mother jumped the stream with my younger sister, but I was left behind. I was scared and began to cry. ‘It’s alright! Don’t cry little one. We will help you!’ a loud voice came through the rain. In no time, I saw 5 guys in orange uniforms, soaked from head to toe, escorting my mother and other people.

A tall guy with a face like a Laughing Buddha smiled at me from the other side, extending his hands while he said, “Do not look down at the water or else you may feel dizzy. Hold my hands. There is no need to be terrified.” Right after he said that I looked down at the water because I was so scared I started feeling dizzy and skipped my left foot into the water. Suddenly I felt a hand grip my stomach. When I opened my eyes, I was in his arms. He carried me to my mother and said “It is all okay now. You are safe. We Desuups are here for you.” While we waited

for the rain to stop, the Desuups moved quickly to save our world.

*Phurba Tamang, Class IV, Namgaycholing Primary School, Tashicholing. Phurba actively participates in numerous literary activities and competitions conducted in the school. He is also one of the hardworking students who exhibits enthusiasm in different activities besides academic performance.*



## We Built it for Our King

“Let us share this idea with our class teacher”, our school captain said after discussing it with everyone in the class. We are class VI students of Namgaycholing Primary School. It is our last year in school. We wanted to do something to leave a meaningful memory behind. Our class teacher discussed it with the principal and approved our idea.

We selected a place. It was perfect for what we had planned. Our school is on a gentle slope, where the girl’s hostel and the principal’s house are on top of the hill. We have a big Guru Rinpoche statue in between. We selected a spot a few metres away from the Guru Rinpoche statue.

The next day, we requested cement and sandbags from a construction site near our school

and carried them up to our location. We also collected big stones and broke them into small sizes. It was hot and tiring.

On the Samtse tshechu holiday, we asked our cooks in the school for help. Two of them happily helped us, and we worked for three days continuously. Finally, on Monday, we invited our principal and teachers to see our creation. Our Principal asked us what it was and why it was built. One of my friends said loudly that it was called Sang Bum where we could make smoke offerings early in the morning or on special days. She said that we built this for our King, for His good health and long life.

Our principal said that he was happy and proud of us. They bought refreshments for us and snacks to eat later.

*– Prabitra Ghalley, Class IV, Namgaycholing Primary School.*



## Patriotism and Loyalty

The wind was gusting through the branches of the trees, the mountains looked serene and echoes were heard from afar. With increased steps, it became heavier to live. To breathe was tough when the route became steeper but to stop was not an answer.

“Your Majesty!” An attendant shouted from a distance running through the crowd of soldiers and towards His Majesty who sat under the willow tree taking a break from the long hike. “Take it easy, Sonam. What’s the matter?” His Majesty asked while rummaging through His bag.

“Your Majesty, I think we can’t take this hike any further as the weather forecast showed that there is going to be a storm around the evening. So it might be better to stop for today and tent here.” Replied Sonam.

“Well, precautions must be taken! Tell all the soldiers to make necessary preparations after the break.” His Majesty commanded. When the soldiers began preparing, His Majesty took a walk into the woods.

The attendants followed His Majesty in the woods but were commanded to be left alone. It became quiet, and he could hear birds chirping and feel the soft breeze touching His face. While walking alone, every thought rushed through His mind. “I felt a gust yesterday and everything seemed normal, but now everyone is struggling with an unseen enemy called Covid 19. As a King I have to do something” He thought. He also realised that the country being small had many disadvantages from the pandemic; borders were closed, people were under lockdown, and so for the welfare of His people He decided to travel across the country to reach out to every individual. But He felt that too was also not enough.

He did not want to overthink about the situation but the silence made it difficult. “What should I do?” He whispered, “How can I show the love for my country and people? How can I protect myself? How...?”

“Your Majesty!” again His attendant came running towards His Majesty with a worried look. “We searched for you everywhere. The tents have been set up” He continued, “Everyone was worried about your absence, Your Majesty.”

When they returned to their camp, the King saw everyone was panicking, but with a single sight of Him, they all were relieved. The King realised that He was not alone in this fight, everyone here has love and support for their country and people. “I am not alone,” the King whispered to himself.

– Tshewang Dorji Ghalley, Class VI, Depheling Primary School. Tshewang is 12 years old from Sang-ngag Chhodeling and enjoys reading in this leisure time.



## Covid-19 and My Experience

Covid-19 is one of the most dangerous viruses in the world. The virus was first spread in China in December 2019. It has killed millions of people in the world. The first case in Bhutan – my country started in 2020, when the entire international border had been sealed, and lockdowns were implemented in our country to prevent viruses from spreading like wildfire.

In Bhutan, 21 people succumbed to the virus because of the virus. The government had started Covid-19 vaccination and until now, we had received four doses so far. All the inter-dzongkhag and gewog travel had been restricted across Bhutan. We used health safety protocols like frequently washing hands using soap, wearing facemasks, using hand sanitizers and keeping social distance.

Schools had been closed, and we had to go for online teaching and learning. Studying in a remote school, I faced many difficulties to study on time with only two teachers. They came to our home to teach us. We do not own mobile phones to study online and our parents could not afford internet facilities. I felt very sad when I had to stay back at home without going to school. I could not study on time.

During lockdowns, we were not allowed to get outside the house. I had to stay inside all the

time. I looked after my younger brother and taught him what I learned from school. I did not get time to go out to play with my friends. I did not meet them at all. I missed my friend badly. I was not able to do anything. I like junk food a lot, but I was not allowed to go to the shop by my parents. I could not go to my relatives' house, and missed them.

One morning I was frightened when I caught fever and headache. Luckily my father is the Tshogpa of the village, and he took me for checkup, thinking that I had Covid-19. I could not utter a word thinking that I would die from the virus. My mother cried when my father took me for the checkup. My father consoled my mother not to worry. My father told us we had a loyal King to support us at any time.

Our government arranged everything and sent us all the things we wanted at our doorsteps. His Majesty the King helped all the needy people of the country with money every month. Those who have lost jobs, our country provided food and kidu. To poor and old people, health checkups were given in their houses. Our people help each other during difficult times with food, clothes and money.

Covid-19 is not only hampering our daily life, but it also helps our people to change their bad habits. Some of them quit smoking and drinking. Our environment remained clean and green throughout the year. Slowly everything becomes normal and things have resumed as usual.

I joined my school and studied regularly. I met with my friends, and they all are doing fine. We celebrated our meeting together happily ever after. Still then we are following health protocol strictly and listen to any order that our government gives us.

I would like to thank His Majesty the King, Prime Minister, Health Minister, my parents, teachers and all the people of Bhutan for keeping our country safe.

*– Nabin Ghalley, Class IV, Dipujra Primary School. Nabin is from Dipujora and is an enthusiastic student and loves writing different genres. He was awarded the Best Reader of the academic year 2022 and aims to become a young writer in the country.*



## Pride of Being a Bhutanese

Once in the Kingdom of Bhutan, there lived a young girl named Chezom. She lived in the heart of Thimphu city. She was a proud citizen who would always wear the national dress at a time when many showed preference for wearing western attires. The country was on the verge of losing her national dress and identity as not many people preferred wearing national dress. However, Chezom was different. She always felt proud of adorning herself with colourful Kira, tego, and wonju. She respects the culture of wearing national attire so much that she hates wearing pants and shirts. She never

wore casual dresses in her entire life. All her friends, teachers, and neighbours knew about this. Even most of the people living in Thimphu heard about her loyalty.

One day, Dasho Dzongdag of Thimphu heard about her, and she was called to his office. She was at first scared and nervous about the call. She thought Dasho might have called her to punish her for something wrong she might have done. But once she went to see the Dasho, she was shocked to hear words of praise for being a proud Bhutanese and always promoting the culture of wearing national dress. She was praised for upholding the importance of traditional dress despite being a city girl. She was told how proud Dasho was for not getting influenced to wear western dresses unlike many others.

Dasho also told her the real reason why she was called. The reason was to request her to create awareness on the importance of wearing the national dress to her schoolmates and the community. To promote the importance of national dress. To instil the value of wearing the national dress at all times. More so, to be the Bhutanese by action, not only by blood. She was shocked as well as nervous. She wondered not knowing how to do this. This is a huge responsibility for a little girl like her. But to her relief, Dasho promised that he will assist her in carrying out the program. So, Dasho and she sat for hours thinking and planning. In the end, they agreed on giving a speech on the importance of wear-



ing national dress through BBS programs. So, in the following weeks, they sat together and prepared the best possible speech to advocate on the importance of wearing our own Bhutanese national dress.

Finally, she recorded the speech and it was aired on the BBS radio and TV channels. Everyone who listened and watched her program got inspired to wear the national dress. A young little girl, pleading on national TV and radio to wear a national dress got everyone encouraged. More so, people were inspired by her actions. Her action of never keeping off her national attire. To her, her pride is her national dress, which is so unique and the identity of the nation. Gradually, everyone started wearing Gho and Kira. Everyone started respecting their national dress. And everyone was proud of being Bhutanese and of their unique national dress.

One day, to her surprise, she received a call from His Majesty's Secretariat. She was asked to report there. She nervously went there wondering why she was called. But, upon reaching there, she was surprised to learn that her work and effort has been noticed by His Majesty the King and that she was called to reward for her efforts in changing the Bhutanese mindset towards wearing national dress. The King was so proud of Chezom. She was blessed to be able to meet His Majesty the King. It was her dream come true.

Chezom was a proud Bhutanese and a bless-

ing to the country. She was a role model to the nation and her people. Every one of us must be like Chezom. Every one of us must be proud Bhutanese.

– Tshuelthrim Yangchen Dolma, Class V, Samtse Lower Secondary School. Tshuelthrim has been a keen storyteller and a writer from a tender age. She loves creating stories and sharing them with her friends and parents.



## The Two Boys

"Tashi! Tashi", Sonam called out. "What happened?" said Tashi. "Is something wrong? Let's go and play" he said. "Sorry I can't play," Tashi replied. "I have an important test tomorrow, so I have to study."

"Ah! You can just cheat!"

"Nope!" he said, "cheating is a bad habit, I will study."

Tashi was a poor boy who loved to study. He would help his parents and always listen to their advice. Sonam was a rich boy who hardly studied. He would never listen to his parents and depend on them.

Soon it was time for the exam. Sonam did not mind; He was playing all day long. Even his parents scolded, shouted, and cried for him to study. But he didn't listen.

Tashi was revising all the pages of his books. He didn't even leave a page unturned. His parents were happy to see their son work hard. As they entered the exam hall, Tashi saw Sonam holding a crumpled paper.

"What is he going to do with that paper?" Tashi thought "Hey! Sonam, what are you going to do with that paper?" 'Oh! Tashi, it's you, with this paper ummmm.... Uh .I-I am going to uh..... play'. 'Oh! I see, " said Tashi. The Principal arrived into the examination hall and examined the students. He saw Sonam cheating and called out "Sonam, how could you do that!"

When Sonam heard those words, he was stunned, and said "I-I am so sorry sir."

"I am going to call your parents!"

"But,"

"No but!" said the principal. As time went on, Tashi became a successful man whereas Sonam became a pauper.

This story tells us about how our future is hidden among the depths of our own ocean. We create our own future by running through the vast forest and swimming through the ocean. Our hard work will pay off and you will find your own inner talents and potential.

– *Jamyang Pema Selden, Class IV, Samtse Lower Secondary School.*



# SHORT STORIES

Key Stage III

## My Future, My Responsibility

Aum Namgay sighed heavily, and said to her husband, “My god, why are kids like this these days, why don’t they understand that these kinds of activities will risk their future.” Her husband Ap Jamstho said, “Don’t worry aum khoray let them live their life to the fullest, let them experience what life is all about.”

Aum Namgay gave a prompt reply saying, “Yes, I know that but there is a certain age for everything. But don’t you think they are too young for this.” When Ap Jamtsho was about to respond to her, his phone suddenly started buzzing and Aum Namgay was left alone. She opened her locker and took out one album which looked like the most precious thing she had. She slowly started opening the photo album and her whole facial expressions changed when she went through the pictures in it. Her sad face abruptly glowed; it was the picture of her beloved sons and daughter.

A family frame where everybody looked so thrilled and happy. She said underneath her breath with teary eyes, “Those days were always so good, I wish everything was like in the past. Only if we had enough time for our kids and only if the kids cooperated with us, but what can I do?”

She found a perfect picture of her sons, Chogyel and Sangay. The ones who were born with a

birthmark of stars behind their ears and both were born in the year of the dragon of the Bhutanese calendar. Chogyel was 1 year older than Sangay. Both of them were in Class X. Chogyel had failed Class X and that’s why he landed up in the same class as his younger brother.

While Aum Namgay was going through the photo album, Chogyel entered the room and asked for money from his mother. She refused but he started crying and said to his mother right on her face “Ama, you are such a control freak.” Aum Namgay was so upset that she slapped her son and it was the first time that kind of incident had occurred in the house. At that moment Ap Jamtsho and Sangay entered the room. Hearing what his son had said to his wife, he was furious and he grounded Chogyel for two whole weeks.

Aum Namgay was devastated, but Sangay spoke up “Ama, I think that acho is actually right. You are being too controlling, I mean like look at my best friend Dawa, his parents are so cool. Why can’t you let us live a life like that?” Aum Namgay calmly replied, “Oh, so you guys want a life like Dawa’s. I just wanted to brighten your future and let you two live a luxurious life later and to accomplish that you must be studying and working hard right now. You are living on our money right now, you don’t have your own income, we won’t be there for you always.”

Before she could complete her sentence Sangay said, “Ama, save your lecture for someone else, I think it would be best for ashim, Pelmo.” Pelmo was the eldest child of the family, she was four

years older than Chogyel. Pelmo was always neglected in the family because in their family they always expected the first child to be a son and everyone thought that Pelmo was a disgrace to the family. Pelmo had completed Class XII from a Higher Secondary School in Bhutan.

After saying those awful words to his mother, Sangay left the room. While Ap Jamtsho and Aum Namgay were discussing the earlier matters there was a loud knock on the door, Pelmo opened the door, and it was a postman with a parcel for Ms. Pelmo. She excitedly opened the envelope. It was an acceptance letter from Harvard university, USA. She called her parents and both of them were so proud of her, especially her father who supported her in every field of her life. Her mother was also so proud of her and she said with teary eyes, “Pelmo, darling I am so proud of you although I never treated you the way you deserved still then you are my daughter and I am your mother, I had expected one of my sons to go to that kind of prestigious university but what to do because of the way I brought them up, they are like this now, but darling how did you manage to do all of these?”

Pelmo answered, “Yes Ama, you weren’t always there for me, but Apa loved and cared for me but he didn’t have enough time for me because of his work but at school my physics teacher Mrs. Passang Wangmo always encouraged, advised and helped me in every state. She told me that it is my future and my responsibility. Even if no one is there to stand up for me, I have to build a bright future for myself by myself.”

Ap Jamtsho said, “I knew you could do it my child,” and hugged her tight. Aum Namgay said, “I would really love to meet this wonderful woman. I hope we can meet one day.” Pelmo gracefully smiled saying, “Of course Ama.” While having their family moment, Chogyel and Sangay walked from the main door all drunk and unstable. They were badmouthing their family especially their mother who had loved and cared for them her whole life.

A few years passed. Pelmo graduated from University with flying colours, while both the brothers, Chogyel and Sangay were sent to rehabilitation. Ap Jamtsho and Aum Namgay had taken special care of Chogyel and Sangay, but they chose to take the wrong path, and it ruined their future. They were responsible for what happened to them. While Pelmo was not given the required love and care, she was independent and most importantly she realised an essential thing “My future, my responsibility”.

– Devya Subedi, Class VIII G,  
Peljorling Higher Secondary School.





## The Arrogant Son

Once upon a time there lived a Lord who had a son. The country that the Lord was ruling over was prosperous and the Lord was a great ruler who was highly respected by his subjects. The Lord wanted his son to become a great ruler too and tried to teach his son about ruling, but the son never listened to what his father said. One day the Lord got a terminal illness and was on the brink of death. The Lord on his deathbed left a message for both his son and his people, 'Our Future, Our Responsibility'. The new Lord, lazy, egotistical and arrogant did not understand his father's message and instead chose to ignore his father's message and wanted to do things his way. He lazily did his work and ignored the country's customs, culture, and tradition and did not enforce the law. Whenever someone spoke out against him, he punished them.

Under the new Lord's rule the country was in shambles. There was complete chaos and the kingdom was under threat from other countries. So, the people rioted and exiled the new Lord. The other countries saw the opportunity of the new Lord's exile and came to invade the country. The invaders who came to the kingdom were pitiful at the pathetic condition of the kingdom that they left. The young Lord who was now living in a forest in exile had no idea what was going on in his country. The country

which was once a heaven slowly turned into a living hell. One day he heard from a nearby town about the state of his kingdom and at night during his sleep his father visited him in his dream, he told his father the state of the kingdom and about his exile and asked his father for advice. His father carefully listened and said, "Our Future, Our Responsibility".

The young Lord for the next few days wondered what his father meant. He never took anything seriously in his life. Whatever he wanted was right there in front of him all the time and he did what he wanted to. He never felt the need to learn what was good and what was bad being born with a silver spoon. Finally, after a few days of cracking his head, he understood what his father meant and took it to heart and made his journey back to the country. When the young prince arrived back, he tried to persuade the people, but the people rejected his persuasion and almost kicked him out of the country again. But the prince did not give up and stayed around his kingdom finding ways to overcome all the challenges.

After a few days the people saw that he had truly changed. They saw his hard work and effort. They saw that his intention was to truly help his people and although sceptical, with some even stating that he does not deserve to be forgiven, the people accepted the young Lord as they saw the new changes. With new instruction,

he took the independence and responsibility seriously and worked hard to preserve their culture, economy and environment. Although the process was slow, the new Lord through his hard work and resilience managed to change the country for better. The Country became prosperous yet again. The Lord, now the King and the kingdom lived happily ever after.

– Sherab Dorji, Class VIII, Norbugang Central School. Sherab takes keen interest in writing because he feels that as an introverted person, writing helps him express his thoughts. “The Arrogant Son” is one of his fictional stories.



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It is not a question of whether we have the capabilities to achieve success. The question is, will we make the choice to stand up and take responsibility? Will we choose to make a difference?

- Druk Gyalpo Jigme Khesar Namgyel Wangchuck

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