



Women Of Faith

**Nanda Kumari Gurung, Nanda Kumari
Gurung, Narmaya Gurung & Bishnu
Gurung.**

Nepalese - Gurung

“*Gurung*” is a Nepalese Nation that follows a spiritual tradition based on Buddhism.

We are born into Buddhist family and following this tradition for a long time.

We follow Lord Buddha and practice chanting and mantras.

We follow the idea of "Karma" and Buddhism practice is based on our inner emotions, which are very powerful and make us feel calm.

