



*The following text by Pekar Monsal was originally published in 2018 in Chinese, as an accompaniment to a series of 10 paintings of Tibetan women. The images above are from the series of 19 pieces from the machikkhabda.org online gallery. These images are truly unique in their fluidity of movement, the vibrancy of colors and the rare portrayals of women in spiritual practice and in pregnancy. Thank you to Jin Ding for providing this translation. Great gratitude to the artist for sharing her work.*

#### Rise! Wives!

When husbands spend their youth and passion on other women, you should learn to control your emotions and energy, and focus on your higher level of self-cultivation and your career.

#### Rise! Mothers!

It's hard to breathe when fathers put too much pressure on their families and on you. Fathers are free[...] to have the greatest happiness. Please regard 'being a mother' as one of the most honored things! To nurture and sustain our children with love is a sacred mission entrusted to us as women and an essential part of women's destiny...

#### Rise! Sisters!

While men talk about their dreams and aspirations at wine tables and over beer, we can't forget to learn to read, to gain experience, and to strive to achieve our own goals and purpose in life!

#### Rise! Little Girls!

When men terrorize us with physical blows, remember that the muscles of women are in our bones. Women can experience the most extreme of pain, the 12th grade of medical pain, again and again in giving birth. From this, they can cultivate and build the will and mental power to gradually change into the power to benefit society and the whole human race!

Rise! Daughters!

Though tradition does not greet you with flowers, though history has always given titles to men, though women are always obliged to be strong yet obscure mothers, we must double our efforts to broaden our horizons and enrich our knowledge. Cultivate a firm belief in and fulfill two great responsibilities: to society as a human being, and, to family as a mother, a wife, and a daughter-in-law. Cultivate love and dedication to society and to family!

Rise! Ladies!

With our own sisterhood and wisdom, kindle light for other women, overcome weakness and challenges from the physical to the psychological, from the perceptual to the rational, strive for merit with our subordinate body.

Rise! Women scientists!

Hear you say: if there's no earth underfoot, where is the weight coming from?

Rise! Women artists!

Go beyond the tragedy of Camille and Frieda, finding and verifying the truth of 'Emptiness origin' in the color form of art.

Rise! Yoginis!

Use your fine consciousness to explore the universe's practical inaction and watch the illusory existence of mutual understanding of the great world.

Rise!

Let us try to give up worldly mortal lust and the disordered dreams of the body and reality. Melt women's difficulties and misfortunes in the illusory game of cause and effect. Transmigrate women through great love with boundless mind to accommodate the world. Believe the suffering we have in this world is recompense for sins committed to women in our past lives as men.