

October – December 2016

TENDREL

Make Life Good



Arya Nagarjuna said: "For whom emptiness is possible, for him all is possible." Perhaps, the transition of our Thousand-Arm Chenresig statue from mere dream into glorious reality is one such illustration of how the seemingly impossible is possible. This portrait of our Chenresig statue was taken in September 2016, solidly composed from the disparate thousands of pieces that it arose from, such as the detail of this hand being chiselled and finished just the September before.

Our happiness IS in our hands, as Lama Zopa Rinpoche told us in March 2016, and it all depends on what we do.



Quarterly News from
Amitabha Buddhist Centre



**Amitabha
Buddhist Centre**

阿彌陀佛佛教中心

IT IS IN YOUR HANDS

Four special pujas • Three healing deities • Two full days • One devoted space
Infinite blessings

MEDICINE BUDDHA HEALING FESTIVAL 2016

8 – 9 October • Amitabha Buddhist Centre
Performed by Khen Rinpoche Geshe Chonyi & Sangha

Triple blessings of **Medicine Buddha**, **Vajravidarana** and **White Umbrella Deity** for healing and peace

SATURDAY, 8 OCTOBER

JOIN US FOR THIS ALL-DAY PRACTICE AS WE INVOKE THE MIGHTY PROTECTION OF WHITE UMBRELLA DEITY:

WHITE UMBRELLA DEITY TORMA OFFERING FOR TURNING AWAY HARMS • 9.30 AM – 4.30 PM

Ward off fearful, inauspicious and vengeful harms, such as from spirits, sorcery, infectious diseases, untimely death and threats to life and possessions, through extensive prayers to White Umbrella Deity, the Great Expeller with a *vajra ushnisha* who turns away evil harms.

SUNDAY, 9 OCTOBER

ON THE AUSPICIOUS TIBETAN 8TH RECEIVE THE INCONCEIVABLE BENEFITS OF THESE POWERFUL PUJAS:

MEDICINE BUDDHA PURIFICATION RITUAL FOR THE DECEASED • 10 AM

Help your deceased loved ones through the '*jangwa*' ritual of Medicine Buddha where a series of purification



and offering practices will purify the negativities of the deceased and enable them to receive favourable rebirths.

EXTENSIVE MEDICINE BUDDHA PUJA WITH 1,000 OFFERINGS

• 2 PM

Accumulate heaps of merit with extensive prayers and elaborate offerings to Medicine Buddha for success in all aspects of life, from good health to peace and prosperity.

VAJRAVIDARANA RITUAL FOR PURIFYING SICKNESS AND POLLUTION

• 4.30 PM

Cleanse your body, speech and mind of all negativities, including contagious diseases and karmic pollution, through the Vajravidarana healing ritual. Come *in person* and bring family and friends along.

SPONSOR & PARTICIPATE – ALL WELCOME!

Sponsorship will be open through our website at www.fpmtabc.org or at our office until **9 October**. Look out for our updates via e-mail, Facebook and SMS.

SPONSORSHIP GIVEAWAYS

Collection of medicinal nectar pills and blessed water for sponsors of Medicine Buddha Puja

and White Umbrella Deity Puja:

– 9 October, from 5 pm at Level 1 reception

– 11 – 25 October at our office

All of you who are working for the centres, please understand, I am nothing special but we have a Dharma connection. In particular, the staff working now at Amitabha Buddhist Centre, you should know that you are inside that service to the guru. You may have the thought to benefit sentient beings and teachings of the Buddha. That is very, very good, but how to do that? It is serving the guru that carries the weight, which helps so you can benefit sentient beings and the teachings of the Buddha so much, like Lama Atisha. Therefore, you need to rejoice. This is the happiest thing to do in life. This is the happiest thing in your life to feel, to rejoice.

It is mentioned in “The Essential Nectar”: The holy action of all the buddhas manifests in your own guru, so disrespect to that virtuous friend, disrespect to your guru—not to any guru in the world but disrespect to your guru with whom you have a Dharma connection, from who you received oral transmission of OM AH HUM, one stanza of teachings—becomes disrespect to all the buddhas, the Victorious Ones. There are numberless buddhas. It becomes disrespect to Tara, Manjushri, everyone. Guru Vajradhara said there is no heavier ripened aspect of negative karma than that. It is not that I have realisations, but just because we have a Dharma connection.

If you disrespect the guru it becomes disrespect to all the gurus. There is no heavier negative karma than that. It is *VERY* important to write it down in your notebook. It is very important to write it down, to understand it. It is not just a belief that somebody who is famous made up and then people believe.

By thinking that such a person is your guide, guru, and you become the disciple, and if you belittle the guru, you will always suffer. That is reality. It is not up to whether you believe or not. That is totally wrong. Your wrong belief becomes suffering to you. You have to understand what are the wrong beliefs.

IT IS IN YOUR HANDS

Lama Zopa Rinpoche had special words of advice for the students of Amitabha Buddhist Centre at the end of his teaching tour in Singapore, on 16th March. Here are extracts from that evening to mull over as we cross into the closing months of 2016.



There is no reincarnation, there is no karma, there is no Buddha, Dharma, and Sangha, there is no nirvana—these are wrong beliefs. There is no reincarnation, so what do you need to be afraid of? There are no lower realms so why do you need to be afraid? There are people who don't accept reincarnation and karma intellectually, but those people naturally feel some big fear, that a big danger is going to happen to them, even if they don't believe. I have met people like that.

For example, a big fear comes that something terrible is going to happen after death. Some natural feeling comes even if intellectually, they don't believe in reincarnation.

There is right belief and wrong belief. Right belief brings happiness. Wrong belief brings suffering to you and to others. It is very, very important logic. Wrong belief creates a harmful life for you and others. Right belief brings happiness to you and others.

If you become the disciple and belittle the guru, you will always suffer. Not just only in this life but in the lower realms life after life, thousands or millions, on and on. It is a dependent arising, *'tendrel'*, in negative aspect. A negative cause, negative mistake, and so, the result is negative from life to life, for thousands and millions of lives. Whether your guru is learned or not learned, it is because you have a Dharma connection. That is the main reason.

Sakya Pandita mentioned: "For a thousand years, you practised the *paramitas*, made charity of your head, your limbs to sentient beings, dedicated the merits you got from that for sentient beings. But when you follow the guru's wishes, the guru's advice, at that time, you collect all that merit in one second."

There are numberless buddhas, numberless Dharma, numberless sangha, numberless sentient beings of each realm. Among *ALL* of them, you are the most important. Your body is the most important. You cherish your body. It is most important, so difficult to give to others, and here, you make charity of your limbs and dedicate the merits for sentient beings for a thousand years. But when you offer service to the guru, fulfil wishes and advice, in one second you are able to collect that much merit, in every second, every day, day and night.

You should know how much merit you are able to collect. It is amazing! That is the way to get out of samsara, free from oceans of samsara quickly, and not only that, to achieve *'sang-gye'*, the total cessation of obscurations and the completion of all the realisations quickly. It is not just being Buddhist and not just working for the centre. I want to say this to you here, not only from Amitabha Buddhist Centre, but those who came from many parts of the world. You are working very hard in your own places, dedicating very hard with so much difficulties, having no success, financial difficulties, so

many difficulties, and so many times you want to give it up. Many times you want to give up. Or escape!

In Drepung Monastery, in Tibet, there was one geshe who could say everything direct to His Holiness, I think maybe the Seventh Dalai Lama. This geshe asked His Holiness where he was going to be reborn.

His Holiness said: "You will be born immediately as a cow that has blue horns." Then the geshe said to His Holiness: "How can I be born immediately as a cow with blue horns? I would have to die, go through the intermediate state, and then meet the cow father and mother. They would have attachment, then the action of sex, then the intermediate state being would have the illusion of the egg and sperm when the couple comes together, then nine months to be in the mother's womb, then slowly comes blue horns, slowly, slowly. So immediately that I become a cow with blue horns, is not possible!"

His Holiness laughed and laughed and laughed, then said, "Oh, now you will become a monk." The geshe said: "How is it possible? I didn't get to purify the negative karma and collect merit. How is it possible? I was going to be born as a cow with blue horns!" Then again His Holiness laughed and laughed and said: "It is because you made me happy." His Holiness the Seventh Dalai Lama didn't say he was Chenresig but said he had received the blessing of Chenresig.

Right then the geshe was going to be born as a cow with horns, but immediately, because he made His Holiness laugh he created the karma to be born as a monk. It totally changed from going to the lower realms, the minute he made His Holiness laugh and be happy. He was able to stop rebirth in the lower realms and not only take a higher rebirth, but become a monk.

So you see from this story, it is in your

hands, about your life! It is in your hands! It is not up to somebody else.

It is in your hands, what you want! The happiness of future lives, to not be born in lower realms and happiness of future lives is in your hands, liberation from samsara, ultimate happiness, is in your hands, and to achieve *'sang-gye'*, the total cessation of obscurations and the completion of all the realisations, to achieve that, is in your hands. That is why you need to study Dharma. That is why studying Dharma is *SO* important.

You need to learn Dharma. It is in your hands. It all depends on how you think. In every second it is in your hands. Whether lower realms, higher realms, oceans of samsaric sufferings, hell or enlightenment, it is all in your hands, if you learn Dharma. You must know that. Write it down! By learning Dharma, it is in your hands. One minute, you are going to the lower realms or something terrible, but in another minute it can change. It depends on what you do.

If you are able to please the guru, it is explained in the teachings and from experience, you please numberless buddhas. With one offering of chocolate or nuts or something to the guru, you make offerings to numberless buddhas. By making offerings to numberless buddhas, you get unbelievable, unbelievable merit. It is mentioned in the Guru Puja and many other teachings, offering to the guru's pores collects more merit than offering to numberless Buddha, Dharma, and Sangha, and numberless statues, stupas, scriptures. If you give a glass of water or nuts, or offer candies to the guru's pores, you collect unbelievable merit, so no question offering to the guru.

As I often say, when the guru gives a commitment to recite OM MANI PADME HUM, then each time as you recite OM MANI PADME HUM you become closer to enlightenment, you become closer to liberation from



Students offering music, dance and humour to our resident teacher Khen Rinpoche at his birthday celebration on 24th July.

oceans of samsaric sufferings and get closer each time, to enlightenment. For example, when you recite the OM MANI PADME HUM commitment that your guru gave you. Your guru gave you *pratimoksha* vows, five precepts, eight precepts, 36 precepts, 250 precepts or whatever, every day you keep each vow, practise each vow, whatever vows you have taken, each day, each hour, each minute, each second you keep the vow, you become closer and closer each time to liberation from samsara and closer to full enlightenment.

If you are sweeping, as one of the six preparations in the morning before meditation, each time you use the broom or vacuum cleaner, each time you move the dust, you become closer to liberation, purifying causes of lower realms. You are closer to liberation and closer to full enlightenment, each time you move the dust. Whether there is dust or whether there is no dust, those are your obscurations and all sentient beings' obscurations and negative karma. So think this is the whole path to enlightenment, *lam-rim*, from correctly following the virtuous friend, the root of the path, up to enlightenment. When you clean all the garbage, it is for all sentient beings.

Whether there is garbage or not, think of that so you get closer and closer to enlightenment.

I said this much so you understand that whatever work you are doing, as director or secretary, or teaching for the centre, is to fulfil the guru's wishes. Each time you write a letter it also becomes getting closer and closer to enlightenment. If you are talking to somebody about work with that same motivation, you are getting closer to liberation from samsara and closer to enlightenment.

While you are talking, while you are working, your job, whether it is talking, going somewhere, each step is fulfilling the guru's wishes and advice. Each time as you work, you collect inconceivable merits and purification to get closer to liberation from samsara, closer to full enlightenment. You can relate this to all examples of whatever you are doing.

Next is the benefit to teachings of the Buddha, and sentient beings. From each of the numberless sentient beings of each realm, you received happiness from beginningless rebirths, now and in the future, including liberation from samsara and enlightenment. This

is from everyone, every insect, every sentient being, so they are the most precious, most kind, most dear, wish-fulfilling, not only your father and mother, not only the people of this life, *EVERYONE*.

Now, you need to dedicate your life, and the best dedication is Dharma, to the centre, educating in compassion, educating others in karma. These basic things are so important, to learn about the mind, and then the whole path to enlightenment, the two truths, method and wisdom path, then Dharmakaya and Rupakaya, educating mother sentient beings. To work for that as director, sweeper or cook, whatever, all the staff working at Amitabha Buddhist Centre.

You are totally responsible. There is no happier life than that if you really think well. You will be tired and many things but know this, and remember what I have said. How it is so, so important to help sentient beings in Dharma, educating them in Dharma, making other sentient beings understand Dharma, making other sentient beings collect merit, which causes happiness which they don't know. When you collect happiness for them, you are helping them and they purify their mind, the cause of suffering. You are also learning as you work for that.

How important your work is! You are serving the teachings of the Buddha because you are helping sentient beings to learn Dharma. You are preserving Dharma. Sentient beings' past, present, and future happiness comes from Dharma, from the teachings of the Buddha. It comes from Dharma.

It is very important that you know how to think. You are in the right track, not in the wrong track, not on the wrong road, but on the right road.

Edited by Ven. Tenzin Tsaltrim, based on the simultaneous transcript by Ven. Joan Nicell together with video recordings of the session.

IN HONOUR OF THEIR GOLDEN YEARS

We highlight six individuals who have in total chalked up 97 years of involvement with ABC. In the course of their journeys with the centre, they have raised families, held jobs, and tasted their share of life's trials and tribulations. In spite of their own busy lives and concerns, these seniors have not hesitated to devote time and energy in service of others and to pursue the Dharma through various modes. They show us that entering life's golden years is no reason to retire from seeking the Dharma or contributing actively.



"Ama-la" Amy at Vesak Celebration 2015.

Fok Sock Fun, better known among ABC regulars as Amy or "Ama-la", has been with the centre since 1996. Amy has been the main force behind the centre's Thousand Offerings, a key feature at our annual Vesak celebration for the past two decades. Not only that, Amy has overseen the team of volunteers that assembles these extensive offerings several times a year for our other prayer festivals. She has also helmed a retail booth every Vesak.

Encouraged by former resident teacher

Ven. Sangye Khadro, Amy was one of the chant leaders for the weekly Tara pujas for many years, from the early days at No. 494D Geylang Road up till 2014. She previously helped to lead the Guru puja too and attended the first round of the Basic Program. Amy, who is 69, said that Buddha's blessings and faith in her guru are what has inspired her to continue her service and participation at the centre.

Kang Kee Chee, who goes by the initials "K.C.", joined ABC in 1997.

At 75, she is one of the most senior students of the Second Basic Program. K.C. explained: "Being able to learn and practise the Dharma keeps me in ABC so that my life can be meaningful, to be a better, kinder and less self-cherishing person. If I don't learn Dharma in this life, it will be a complete waste of my precious human rebirth. So I enrolled in the Basic Program. Even though it is extremely challenging for a person of my age, I persevered on and on. At times I nearly want to give up but I psyche myself to continue."



K.C. in a performance for Khen Rinpoche's birthday celebration in 2014.



Siew Kee at the long life puja offered to Lama Zopa Rinpoche in March.

Besides attending the Basic Program, K.C. is one of the drummers for Guru puja, a role she has played since the centre opened at our current premises in 2007. Since 2008, she has also served as one of the readers for our Golden Light Sutra sessions. She contributed 2,540 full-length prostrations last year

Program in 2010. Through the years she also contributed her efforts to several of the centre's fund raising projects. A favourite of hers for many years was rallying sponsorship for lotus candle offerings during the Vesak celebration. Up until around 2008, Siew Kee assisted in proofreading the newsletters

to the prostration group's target of one million prostrations, even though she had to "give up this year due to health issues". K.C. also took part in the counting of Guru Rinpoche mantras for the success of the Maitreya Project in India.

Yap Siew Kee, who joined ABC in 1998, is now 77. She said: "I owe a debt of gratitude to ABC for being instrumental in having the holy Dharma revealed to me." She added modestly that it is "my time to give back to ABC by way of whatever little service that I can do." "Aunty Siew Kee", as many younger members like to call her, has done more than a little. She was among the first cohort of graduates of the Basic

before publication. She also led the weekly pujas of Tara and Medicine Buddha from time to time, and was in the sutra-reading team. Although weakened health has required Siew Kee to withdraw from these duties, she continues to attend and support our events whenever possible.

Yeong Keng Seng may not ring a bell but quite a few people will know "Uncle Raymond". "I think the first time I came to ABC was at 494D," recalls Raymond. "Lama Konchog was giving a teaching on meditation." An interest in learning meditation, "searching for mental peace and happiness", was what first drew him to the centre. He noted: "At ABC we are very fortunate to have very qualified, dedicated teachers and guides—Khen Rinpoche and the sangha." Coming to ABC he added, has helped him understand the need to listen to the teachings, then reflect and meditate.

Although Raymond graduated from the first run of Basic Program, he has had no qualms about continuing to attend the Second Basic Program, the Saturday classes on the "Stages of the Path to Enlightenment", and Dharma for Seniors. Having retired some years ago, Raymond now volunteers in many areas: Vesak celebration, puja preparations, cash counting, the CARE



Raymond offering birthday greetings to Khen Rinpoche in July.

group. Raymond may be turning 68 next January, but that did not deter him from successfully completing his second pilgrimage to Mount Kailash, Tibet, in August.

Choo Lian Hoy, familiar to many as “Aunty Lian Hua”, has been a member since 2004. Now 66, Lian Hua has showed up almost every Thursday at the centre since we opened at Lorong 25A Geylang in 2007, to help with whatever tasks were called for, from gardening to preparing for fund raising events. Asked what has inspired her to continue coming to ABC, she replied in Mandarin: “Other members are very friendly and treat me like family. Joining ABC has made me more aware of the consequences of karma, what are good deeds and bad deeds and what could result from both.”

She has been a volunteer at the lotus candle stall at every Vesak celebration since 2004, after Siew Kee got her on board. She said: “I am very happy to be able to be a part of this and to help bring light and brightness to all.” Besides offering service, Lian Hua has been attending Dharma for Seniors and Chinese Lam-rim since the classes



Lian Hua at the Ullambana puja held in August.

started. She finds that she has gained “more knowledge through the lessons and teachings”.

Chin Ah Niah may not be recognised by name, but mention the mother of Wee Khiang and Wee Meng and one can connect the dots to the cheerful woman in question. Over the years, Madam Chin has willingly lent a hand at the centre whenever needed, including the

preparations for Vesak. With her son Wee Khiang as interpreter, she shared in Mandarin: “I have been with ABC since 2005. I am now 67 years old. Initially, my youngest son Wee Meng brought me to ABC. At that time, I had my reservations and was quite reluctant to visit. As my son insisted, I just followed. When I reached ABC, I felt the warmth from the teachers, sangha and members. When I started attending teachings, I found that some of the teachings made sense to me. Gradually, I enjoyed attending teachings and pujas as well as helping out at the centre. I attend Dharma for Seniors and Chinese Lam-rim. I also attend pujas and Vesak Day activities.”

Our six veterans demonstrate that a steady sense of commitment matched with a readiness to dedicate time and hard work are ingredients for living a meaningful life in the Dharma, no matter what the age, background or ability. We applaud their heaps of contributions to ABC, to serving others, and pray that they will always be blessed with good health and helpful conditions to continue their admirable practice.



Madam Chin with sons Wee Meng (left) and Wee Khiang (right).

IN OUR CIRCLE

OFFERING 4.3 MILLION GURU RINPOCHE MANTRAS

Lama Zopa Rinpoche sent over “billions and zillions of thanks!” upon receiving our offering of 4,313,961 Guru Rinpoche mantras for the success of the Maitreya Projects in India, a total that far exceeded the original goal of one million.

The mantra count was inspired after ABC student Cecilia Tsong took heed of advice that Rinpoche had given while teaching in Penang, that it would be very beneficial to recite Guru Rinpoche mantras for the success of the Maitreya Project. From May 2nd up to the merit-multiplying Wheel Turning Day, August 6th, 93 people contributed to the count, including highly supportive participants from three FPMT centres in Mexico: Bengungyal Center, Chekawa Study Group and Khamlungpa Center.

On August 16th, ABC wrote to convey our offering to Rinpoche (read the full letter on the back page). Rinpoche replied swiftly with a big “thank you” followed by urgent advice to recite the prayers of Guru Rinpoche, as there was the great possibility that the Kushinagar land would be handed over by 19th August to the Maitreya Project. Sure enough, we were soon informed of the incredible news that the long-wished for handover had taken place. Turn to page 11 for “Maitreya’s Land at Last”.

AIMING FOR 3.5 MILLION PROSTRATIONS

Having already achieved one million prostrations in June, ABC’s prostration group now aims to match the amazing number of prostrations that Lama

REJOICE FOR PRACTICE AND SERVICE

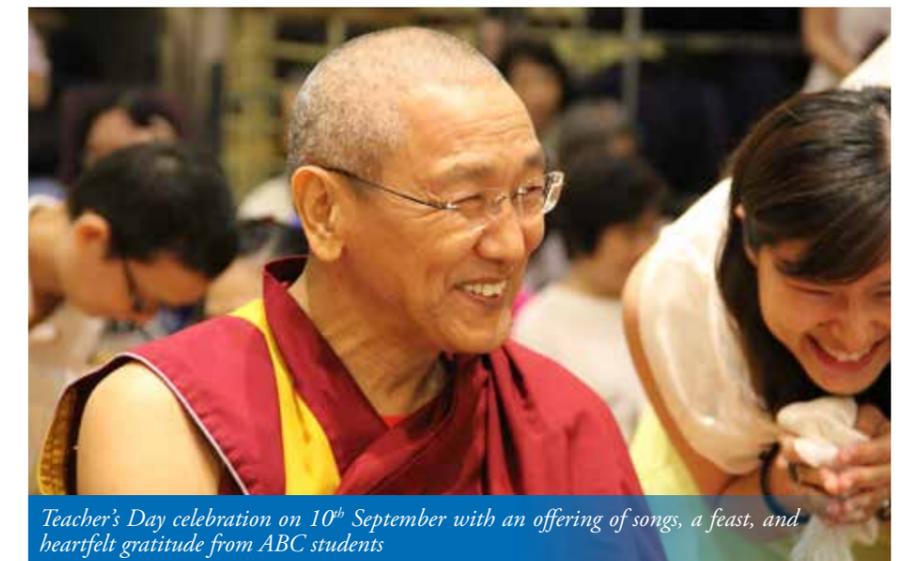
Collective effort and hard work can accomplish immensely worthwhile results—rejoice!

Tsong Khapa had done while in retreat—3.5 million prostrations! Khen Rinpoche’s advice to the “prostrators” is to continue their practice for as long as they can, to even strive to accumulate 3.5 million prostrations individually. The organisers hope that more will join them in following the footsteps of Lama Tsong Khapa.

Our Mudita choir called on patients at Renci Hospital on 10th September, reaching out to them with a Saturday morning filled with Dharma melodies and warm company. Joining the choir in their tour through the wards were 35 volunteers who had signed up to visit with the patients and celebrate the Mid-Autumn Festival. The Mudita singers had clocked in weekly rehearsals for their performance of eight songs for the patients, who were being treated for chronic illnesses.

MUSICAL OUTREACH TO THE SICK

THANK YOU, KHEN RINPOCHE!



Teacher’s Day celebration on 10th September with an offering of songs, a feast, and heartfelt gratitude from ABC students

Amitabha Buddhist Centre is a centre for the study and practice of Mahayana Buddhism in the tradition of the Tibetan master Lama Tsong Khapa, originating from the Foundation for the Preservation of the Mahayana Tradition (FPMT), a non-profit international organisation founded by Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche.

Amitabha Buddhist Centre

44 Lorong 25A Geylang

Singapore 388244

Nearest MRT station: Aljunied

Tel: 6745 8547 E-mail: centre@fpmtabc.org

Fax: 6741 0438 Web: www.fpmtabc.org

Facebook: www.facebook.com/fpmtABC

Opening Hours

Tuesdays – Saturdays: 10:30 am – 6 pm

Sundays: 10 am – 6 pm

The office is open till 7.30 pm when evening events are scheduled

Closed on Mondays

<i>Spiritual Director</i>	Lama Thubten Zopa Rinpoche
<i>Resident Teacher</i>	Khen Rinpoche Geshe Thubten Chonyi
<i>Centre Director</i>	Tan Hup Cheng
<i>Spiritual Programme Coordinator</i>	Ven. Tenzin Gyurme
<i>Centre Manager</i>	Koh Zi Yen

The TENDREL Team

<i>Editor</i>	Ven. Tenzin Tsultrim (Vivian Seah)
<i>Designer</i>	Kennedy Koh
<i>Photography</i>	Tan Seow Kheng / Ven. Tenzin Tsultrim / Noelle Teoh

Print edition produced by Highlight Printing Services on wood-free paper

Connect with ABC

TENDREL is a free quarterly publication of Amitabha Buddhist Centre, available in print and online.

For a postal subscription, call or e-mail our office at 6745 8547/ centre@fpmtabc.org (This service is available for ABC members only, to addresses within Singapore.)

Alternatively, pick up a print copy from the centre or download our full-colour web edition from: www.fpmtabc.org

All published dates and events are up-to-date at the time of printing. For our latest news, subscribe to our e-mail or SMS updates, or visit our website at www.fpmtabc.org for a preview of What's On and Calendar.

Like us on Facebook at: www.facebook.com/fpmtABC

WHAT'S NEXT

OCTOBER

One-Day Vajrasattva Purification Retreat

We will have this one-day retreat at ABC on Sunday, 16 October (10 am – 4.30 pm), which coincides with the full moon Tibetan 15th. This powerful practice of meditating on Vajrasattva and reciting the hundred-syllable mantra immediately purifies eons of negative karma and is the antidote for degenerated and broken vows and commitments. This all-day practice will be led by Ven. Tenzin Tsultrim. Registration is required. Please contact our office for enquiries.

Vajrayogini Retreat

Khen Rinpoche Geshe Chonyi will be leading a retreat of Vajrayogini from 15 – 31 October for some 40 students from ABC. It will be held at a retreat centre in Bali. Those undertaking this deity approximation retreat of Vajrayogini have all received the pre-requisite empowerment of this highest yoga tantra deity. Registration for this event has closed.

DECEMBER

Lama Tsong Khapa Day

23 December 2016 marks the 597th anniversary of the passing of Lama Tsong Khapa, the founder of our Gelug lineage. It is the 25th day of the 10th month according to the Tibetan lunar calendar. We will be commemorating with a Guru puja with 'sog' offering on the Friday at 7.30 pm.

PRAYER SESSIONS OCT-DEC 2016

Animal Liberation:

9 October / 13 November / 11 December – 10 am

Guru Puja:

11, 25 October / 9, 23 November / 9, 23 December – 7.30 pm

Medicine Buddha Puja:

2 October / 6 November / 4 December – 4 pm

Tara Puja:

23, 30 October / 13 November / 11 December – 4 pm

For our full calendar visit www.fpmtabc.org

Joyful news from the Maitreya Buddha Project! The land for the very large Maitreya Buddha statue in Kushinagar has been officially handed over by the state government of Uttar Pradesh, India.

After years locked in negotiations, Maitreya Buddha Project Kushinagar broke the news in August: "We are delighted to announce that on August 19th 2016, the State Government of Uttar Pradesh formally and most generously, handed over about 200 acres of land in Kushinagar to Maitreya Buddha Project Kushinagar."

The official statement added: "The land is extraordinarily precious in that it is adjacent to the Maha Parinirvana Temple denoting the place where Shakyamuni Buddha passed into Maha Parinirvana. On three sides the land encloses the Ramabhar Stupa – the cremation site of Shakyamuni Buddha. The land is even more auspicious as it is predicted that when Maitreya Buddha appears on this earth, he will be born in Kushinagar."

MAITREYA'S LAND AT LAST!

The organisation had already launched its humanitarian projects in the area such as distributing mosquito nets in the summer and blankets during the winter season, to the surrounding villages. With the land now officially acquired, the work on-site can begin. Plans that will be underway include transporting the 7.4 metre (24 feet) high Maitreya statue from Bodhgaya to the Kushinagar land, with "a ceremony

to receive Maitreya Buddha onto the land as soon as possible". Another priority is to build a shrine for "the amazing collection of Holy Relics that Lama Zopa Rinpoche has kindly assigned to the site".

Learn more about the Maitreya Project at <http://mbpkushinagar.org/history/>

CELEBRATE 'LHABAB DUCHEN' WITH US SUNDAY, 20 NOVEMBER 2016



Lhabab Duchen, the 22nd day of the Tibetan 9th month, marks the day of **Buddha's Descent from the Heaven of 33**. Take hold of this auspicious day to venerate the Buddha with meaningful practice and prayers. Join us in commemorating the Buddha's deeds on this merit-multiplying day, where all virtuous actions are magnified by 100 million times as cited in the Vinaya text, "Treasure of Quotations and Logic", and even up to one billion times according to some sutras! Look out for details of our special prayer celebration for the day via our e-mail updates.

REMEMBERING MR S. R. NATHAN



Amitabha Buddhist Centre offers prayers for Singapore's former president, Mr S. R. Nathan, who passed away at the age of 92 on 22nd August 2016. A connection was made with Mr Nathan when he graciously accepted our invitation to be a special guest at the grand opening ceremony of our Jade Buddha Exhibition in January 2012. Mr Nathan had retired as Singapore's head of state by then. We pray for Mr Nathan's continued happiness in all future lifetimes.

MY VIEW

Care to share good thoughts or helpful ideas from your Dharma experience? Send your views, in 150 words or less, by e-mail to **TENDREL** at centre@fpmtabc.org and your message might be selected for print in the next issue. Note: It is our policy to edit any material for language and content before publishing

4.3 MILLION MANTRAS OFFERED TO OUR GURU

Dearest Kyabje Lama Zopa Rinpoche,

During your teachings in Penang this year, Rinpoche had mentioned that it would be very beneficial to recite the Guru Rinpoche mantra for the success of the Maitreya Project.

As such, Amitabha Buddhist Centre initiated an accumulation of one million Guru Rinpoche mantras from the period 2 May 2016 to Wheel Turning Day on 6 August this year to offer to Rinpoche.

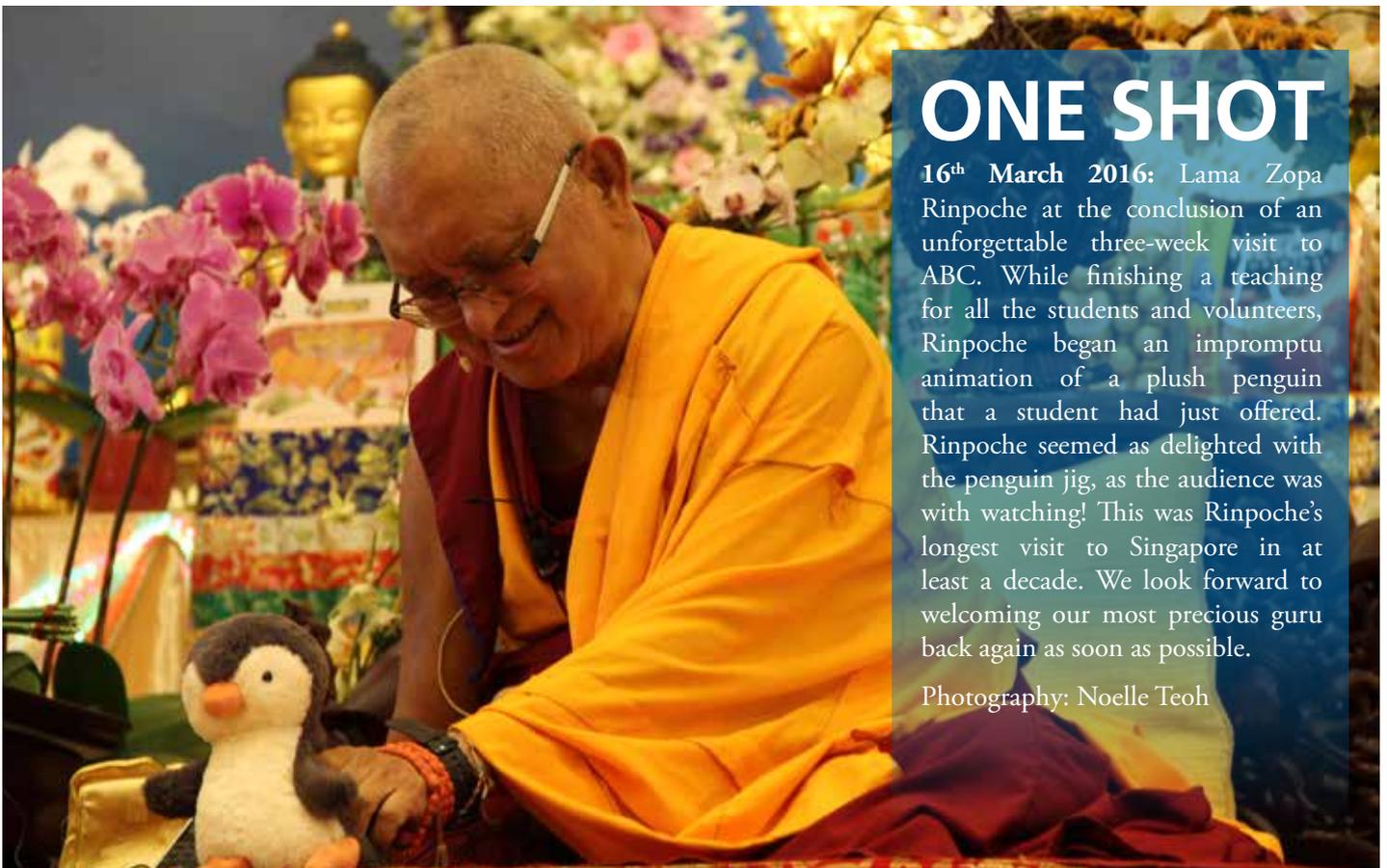
We are most delighted to offer Rinpoche the final mantra count submitted by your devoted students at Amitabha Buddhist Centre. The mantra count is **4,313,961**.

We will always continue to pray fervently for the success of the Maitreya Buddha Project and the success of all of Rinpoche's initiatives for the benefit of all living beings. May Rinpoche have a long and healthy life and may you please remain with us till samsara ends.

ABC sent this letter to Lama Zopa Rinpoche on 16th August 2016.

WORDS OF TRUTH

*“Holiday” as defined by
Lama Zopa Rinpoche:
“The mind abiding in
correctly following the
virtuous friend,
The mind abiding in
renunciation of samsara,
The mind abiding in
bodhichitta,
The mind abiding in
emptiness,
The mind abiding in tantra
path – the two stages,
The completion of your
holiday is when you cease all
the obscurations and complete
all the realisations.”*



ONE SHOT

16th March 2016: Lama Zopa Rinpoche at the conclusion of an unforgettable three-week visit to ABC. While finishing a teaching for all the students and volunteers, Rinpoche began an impromptu animation of a plush penguin that a student had just offered. Rinpoche seemed as delighted with the penguin jig, as the audience was with watching! This was Rinpoche's longest visit to Singapore in at least a decade. We look forward to welcoming our most precious guru back again as soon as possible.

Photography: Noelle Teoh