

July – September 2017

# TENDREL

Make Life Good

## BUILDING OUR DEVOTION

This issue of TENDREL is chockfull of news about significant events that happened these past months as well as what's to come. The common thread that runs through our news is how these events are all born out of our service and devotion to our gurus, especially to fulfilling the wishes of Kyabje Lama Zopa Rinpoche. Khen Rinpoche Geshe Chonyi commented about putting effort into developing devotion to one's gurus at the long life puja on 4th June 2017. His comment that the point of having gurus was about "building the relationship with devotion" aptly sums up what we are all about at ABC.

Quarterly News from  
Amitabha Buddhist Centre



**Amitabha  
Buddhist Centre**

阿弥陀佛教中心





# THE MOST SECRET HAYAGRIVA PRAYER FESTIVAL 2017

5 – 6 August, 9 am – 5.30 pm

Performed by Khen Rinpoche Geshe Chonyi & Sangha

Presenting a weekend of powerful prayers to Most Secret Hayagriva for protection against obstacles and harms. Come receive the benefits of this wrathful aspect of Chenresig. Sponsor two full days of pujas for yourself, family or business.

## PROFOUND BENEFITS OF THE MOST SECRET HAYAGRIVA PUJA

This particular puja, '*Tamdrin Tsog Kong*' in Tibetan, is formidable against obstacles from:

- Nagas – instigating cancer, leprosy and skin diseases
- Landlord spirits – manifesting as paralysis or spirit harm
- Spirit harm – leading to epilepsy

When due to negative karma, one is faced with disturbances by non-human entities resulting in heavy obstacles, the compassionate force of Most Secret Hayagriva serves as the powerful remedy to stop the harm.

## ALL ARE WELCOME!

Witness ceremonies dating back 600 years as Sangha from our associated monastery, Kopan Monastery—Nepal, perform rituals that include abundant and elaborate offerings, extensive confession practice, and supplications to various Dharma protectors for their swift enlightened activity.

## RECOMMENDED PRACTICE

During the pujas, everyone can take part in the meaningful practice of reciting the mantra of Most Secret Hayagriva. Dedicate your recitation for the long lives and perfect health of His Holiness the Dalai Lama and Lama Zopa Rinpoche, and for your own wishes to be fulfilled too.



## CEREMONY FOR INCREASING VIRTUOUS SIGNS OF AUSPICIOUSNESS – SUNDAY, 6 AUGUST, 4 PM

Don't miss the grand finale on Day 2 where the Sangha will perform an elaborate series of prayers to invoke the:

- Descent of Blessings
- Gathering of Life Essence\*
- Gathering of Wealth and Fortune
- Proclamation of Auspiciousness

Specially blessed **longevity pills and nectar** will be distributed to all participants after the "Gathering of Life Essence" ritual.\*

## FOR ALL PUJA SPONSORS

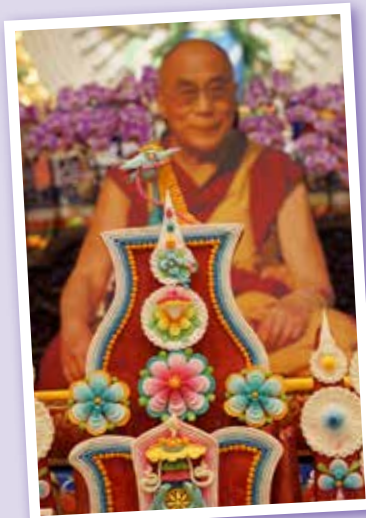
Receive precious blessed Hayagriva nectar pills and torma powder from Sera Je Monastery—where the Most Secret Hayagriva practice is actively preserved. Incense smoke from the Hayagriva torma powder can purify illnesses and pacify spirit harm.

## Puja sponsors can collect the nectar pills and torma powder during this period:

5 to 6 August – at Level 1 Reception / 8 to 22 August – from ABC's office

## SPONSORSHIP OPTIONS

- Online sponsorship at [www.fpmtabc.org](http://www.fpmtabc.org) starts on 7 July
- Mail in a Sponsorship Form
- Visit our office from 7 July up to 6 August



# GURU PUJA FOR H.H. DALAI LAMA'S BIRTHDAY

Monday, 3 July, 7.30 – 9.30 pm

In honour of His Holiness the Dalai Lama's 82<sup>nd</sup> birthday, we will be offering the Guru Puja to celebrate this special occasion. All are welcome to join in this precious practice of guru yoga and to dedicate the merits for His Holiness to remain with us forever more in perfect health, and for all his holy wishes to be swiftly fulfilled.



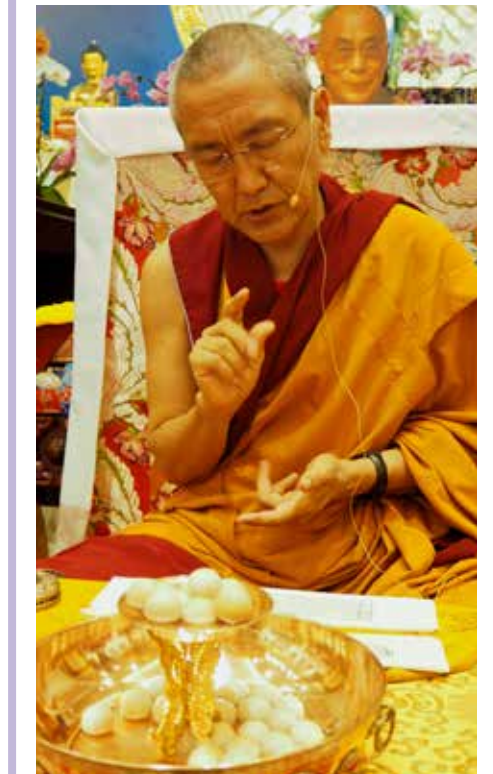
On *Chökor Duchen*, the First Turning of the Wheel of Dharma, join us for a day of meaningful practice and prayers to venerate the Buddha. On this powerful merit-multiplying day, we will also be reciting the Vajra Cutter Sutra and Lama Tsong Khapa's *Tendrel Toepa* ("In Praise of Dependent Origination") to accumulate recitations of these prayers for our precious guru Lama Zopa Rinpoche's good health throughout this Tibetan lunar year (see **In Our Circle** on page 9).

- Recitation of Vajra Cutter Sutra & "In Praise of Dependent Origination", 1.30 pm
- Shakyamuni Buddha Puja with 1,000 Offerings, 7.30 pm

Wheel Turning Day is a mega merit-multiplying day! All virtue accumulated on this auspicious day of the Buddha is magnified by **100 million times** and even up to **ONE BILLION times** according to some sutras!

# 100 TORMA OFFERING RITUAL FOR ULLAMBANA

Sunday, 10 September, 2 – 4 pm



Ullambana commemorates the 15<sup>th</sup> day of the seventh month, when the Buddha's ordained disciples completed the Rains Retreat. At that time, many attained realisations and even liberation.

We celebrate this joyful occasion with the **100 Torma Offering Ritual**. During the puja, prayers are performed to invoke the blessings of the wealth deities White and Yellow Dzambhala, while specially blessed dough balls are offered to the 12 types of guests, from the transcendental (the Three Jewels and deities) to the worldly (including spirits and hungry ghosts).

Everybody is welcome to take part in this special ritual for cultivating compassion and generosity. Khen Rinpoche Geshe Chonyi will lead the puja.

*Note: Cash sponsorship of the Shakyamuni Buddha Puja and the 100 Torma Offering Ritual is welcome. Look out for more details through our e-mail updates.*



# THE NEED FOR MOST SECRET HAYAGRIVA

*An explanation by Lama Zopa Rinpoche about why Most Secret Hayagriva is needed in order to work for and benefit sentient beings, given during Rinpoche's visit to Penang in 2016. The lineage of Most Secret Hayagriva comes from Guru Rinpoche, Padmasambhava.*

This is an extremely powerful deity, in particular for controlling. Ultimately, it is to control your mind, the gross mind and subtle mind, to use that in the path to enlightenment, such as the clear light, *ösel*, the transcendental wisdom of bliss and void-ness. You can develop that by controlling your mind.

If you can control your mind, you can control everything, to work for sentient beings and teachings of the Buddha, to have control over Dharma, to have realisations, and then to have control over sentient beings, to benefit them. If you can't control them you can't benefit them. To control them and then benefit them, so you can bring sentient beings in the correct way to full enlightenment, buddhahood, so they listen to what you say, what you think, and they are on the right path, and you can bring them to full enlightenment. Then also for yourself to practise Dharma for sentient beings, all the needs to work for sentient beings and the teachings of the Buddha, for yourself to develop the mind, to practise Dharma, to receive all the needs for that.

His Holiness said many times, it is effective for the cause of Tibet. He sees definite effect for the cause of Tibet by doing the Most Secret Hayagriva Puja. There is Secret Hayagriva and this one, *Most Secret Hayagriva*.

## The Power of Most Secret Hayagriva

This deity is very powerful and very effective. If you rely upon the deity from your heart hundred per cent, you are able to control and pacify obstacles, even spirit harms, naga harms, nagas that are in the animal realm, or landlord harms. Padmasambhava said nowadays when the times are degenerate there is so much harm from nagas. Cancer is from naga harm as a condition, but the main thing is your negative karma from the past, broken samayas and so forth in the past. Negative karma is the main cause. Even after operating on the cancer, later on the cancer comes back again and again for some people. When the karma is strong and not purified, it is like that. The operation is just a condition.

*“To work for and preserve the Dharma, you need Most Secret Hayagriva.”*

Padmasambhava advised when the time gets degenerated, especially when there are naga harms and maybe landlord [spirits], it is very important

to practise Hayagriva. Padmasambhava advised that nowadays when there is so much danger to receive these harms, it is very important to practise Most Secret Hayagriva.

Definitely, a hundred percent, it is very powerful when there are obstacles, to rely with your whole heart on Most Secret Hayagriva. In reality there is no Hayagriva. Without the guru, there is no Hayagriva. Directly and actually showing the aspect, there is no Hayagriva other than His Holiness, for example, other than the guru. That is the way to understand.

## Lama Yeshe's Hidden Qualities

Lama Yeshe, who was kinder than all the past, present and future buddhas, did retreat at Tushita [in Dharamsala]. He spent 100,000 rupees, considered a lot of money in India, to prepare the retreat [of Most Secret Hayagriva]. During the retreat, I was making the *tsog* for Lama's retreat, *tsog* in a bowl and butter lamps. The butter lamps were not filled by me, but I had to bring them into the retreat house.

Lama was not an ordinary being. Many people thought Lama was a businessperson, many Tibetan people thought that. When Lama was with children, he would behave like the children. Depending on who came, he manifested accordingly. Generally he was known as learned and many people knew that Lama Yeshe was learned and compassionate in nature.

People didn't see Lama as a meditator. You didn't see him sitting [in meditation posture] much. After lunch, maybe for half an hour, Lama would lie down to rest. But that was his meditation session. What it was called was resting needed for his heart, because the doctors said he had heart disease, but this one hour or half an hour of lying down after lunch, what was called taking a rest, was meditation. Lama's meditation of lying down at night and daytime was shown to common people



*A display of lights and many other elaborate offerings at ABC's Most Secret Hayagriva Prayer Festival*

as taking rest, but it was actually highest tantra meditation. Not *lam-rim*, as that was already actualised in Tibet. I think he said he realised emptiness when he was still in Tibet a long time ago, doing debating. (*Rinpoche perhaps meant while Lama Yeshe was studying philosophy in Sera Je in Tibet.*)

Lama's meditation was on clear light, the highest tantra completion stage. Lama's sleep was meditation. Even the dreams were used for meditation. In the daytime lying down and taking rest was a meditation session, never really showing, "I'm practising Dharma". People who didn't know Lama Yeshe wouldn't know that.

## Special Signs from Hayagriva Retreat

From the beginning of the retreat, the butter lamps would always have a lotus shape. The butter lamp had the shape of a lotus around, always. That was a very good sign because the deity holds a lotus, a flower, in his right hand. He had the realisation of clear light, the extremely subtle mind. At night there would no darkness although the light was not switched on. Normally without light there is darkness, but there was no darkness when Lama was doing retreat. There was light in the room, not in the form of a light, but there was light in the room. That is some sign of the retreat, a positive sign.

Lama did not say completely, but something came through the roof one time. He didn't say what. He tried to hide it a little bit. It came inside. I don't know if it was the deity or what, but there was a scented smell. All these things happened. The fire puja was done in Tushita Dharamsala, helped by the old *umdze* of His Holiness' Namgyal Monastery, who was supposed to be an incarnation. He came and drew a coloured [hearth] for the fire puja and led the puja. Lama said later, after the fire puja that same day or the day after, that during the fire puja, he saw the space as red, a kind of sign of Most Secret Hayagriva, a controlling sign. Lama told me that since he did the fire puja, everything that he thought of succeeded.

Hayagriva is a deity who shows signs if you don't abide in samaya. He immediately shows signs. He is a very powerful and effective deity. You need that to benefit sentient beings, to benefit difficult sentient beings, to subdue their minds. To work for and preserve the Dharma, you need Most Secret Hayagriva.

*Extracted from the simultaneous transcribing by Ven. Joan Nicell during the teachings and initiation of Most Secret Hayagriva given by Lama Zopa Rinpoche in Penang, Malaysia, 2016. Edited by Ven. Tenzin Tsaltrim for TENDREL.*





# VESAK 2017 A CELEBRATION TO REMEMBER



We welcomed thousands of visitors to this year's Vesak Celebration from 7<sup>th</sup> to 10<sup>th</sup> May, which marked our twentieth consecutive year of staging the event at the Aljunied MRT field. Showers of rain throughout Vesak Day on 10<sup>th</sup> May did not stop the crowds from showing up, whether to attend the pujas and blessing ceremonies, participate in the circumambulation processions, or simply to make offerings of water, flowers, lights and incense.

Our event was mentioned on a local social website, *thesmartlocal.com*, and listed No. 3 in its article on the "6 Biggest Vesak Day 2017 Celebrations In Singapore To Check Out For The First Time". To commemorate our twentieth anniversary at Aljunied, we rolled out a two-part video, "20 Years @Aljunied", which recalled milestones in the origins and development of our annual celebration, and the people involved.

With over four hundred volunteers roped in to organise and host the four-day festival, Vesak Celebration 2017 maintained its significance as a precious opportunity that ABC offers to the public to create enormous merit and to make a connection with the Dharma. It remains a vital resource for funding the operating costs of our centre as well as a channel to welcome new faces into our circle.

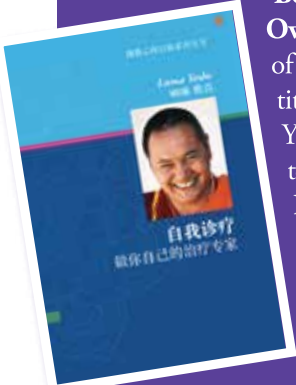


## VESAK SPECIALTIES STILL AVAILABLE!

Vesak 2017 saw the launch of a host of our very own customised Dharma products through our Free Publications and Tashi Delek Store. These specialty items are still available in ABC:

### FROM FREE PUBLICATIONS

"Becoming Your Own Therapist", one of the well-known titles featuring Lama Yeshe's introductory teachings to Buddhism, is now available in *Chinese* from our Free Publications.



Copies can be picked up from our Free Publications shelves at Level 1, including the English edition.



### FROM TASHI DELEK STORE

**Bronze Table-top Prayer Wheel** (13 cm height) filled with 112.4 million Mani mantras and 15,498 Four Dharmakaya Relic mantras priced at \$188, designed to spin smoothly and continuously for up to four minutes!

**Gold Alloy Coated Kadampa Stupa** (9 cm height) filled with 25,000 Four Dharmakaya Relic mantras at \$150 each. A larger sized (30 cm height) **24-carat gold-plated Kadampa stupa** packed with 125,000 Four Dharmakaya Relic mantras is also available at \$888 each.





# A LONG LIFE PUJA FOR KHEN RINPOCHE



Amitabha Buddhist Centre offered a long life puja to our resident teacher Khen Rinpoche Geshe Chonyi on 4<sup>th</sup> June that was attended by some 150 people—many of Khen Rinpoche's students, ABC members, well-wishers, and guests from the FPMT Malaysia centres including Losang Dragpa Centre's resident teacher, Geshe Tsundu.

The long life puja was offered according to advice that had been sought from our Spiritual Director and most

precious guru Lama Zopa Rinpoche, to clear obstacles for Khen Rinpoche this year. Geshe Jangchub, the manager of Kopan Monastery, flew in from Nepal for the occasion and served as the master of ceremony.

Before the prayers began, Khen Rinpoche explained how to set the motivation of developing faith and devotion towards the guru. He stressed that there was no need to regard him as the guru, but that one should think of their own gurus while doing the

prayers. Here is an excerpt:

“When you really have single-pointed devotion to the guru, then, how your mind changes. Other than that, our minds are extremely difficult to change. It's really hard. We think we are more intelligent than the gurus. We believe what we think is right. We are intelligent, but we don't have wisdom. So that is the biggest problem. What I see as important is all about that. In this way, then we really put effort to develop devotion and faith. I am not talking about myself here or praising myself, it's not the point.

The whole point of having gurus or teachers is about that—building the relationship with devotion. Then, whatever the guru advises becomes very, very effective in your mind, easy to change. So therefore, the whole point is that, making prayers, requests to the guru: “May my mind become *into* Dharma. This is the very first step.

Most of us, we do practise Dharma but our minds are not *into* Dharma. This is something we really need to put effort: “May my mind become *into* Dharma”. So then this mind's practice of Dharma becomes *into* the path. ‘*Into the path*’ means there are no obstacles. This prayer is extremely important for everyone to make, including myself. This is very important. Mixing your mind *into* Dharma or your mind becomes *into* Dharma is the very first step.”

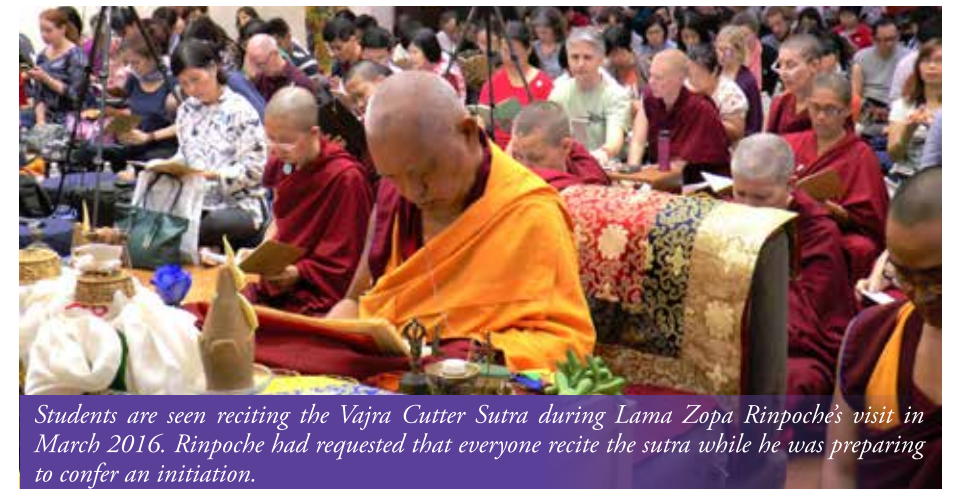


# IN OUR CIRCLE

## PRAYERS FOR LAMA ZOPA RINPOCHE'S HEALTH

Calling all ABC members and students, join us in accumulating recitations of the Vajra Cutter Sutra and *Tendrel Toepa* (“In Praise of Dependent Origination”) for Lama Zopa Rinpoche's good health. These prayers are from advice that FPMT CEO Ven. Roger Kunsang had obtained earlier this year from Khadro-la (Rangjung Neljorma Khadro Namsel Drönme).

All FPMT centres, projects and services have been advised to accumulate recitations of these prayers throughout the Year of the Rooster. Besides reciting these prayers individually, students can also join in ABC's group recitations, which will be held on the merit-multiplying days of 2017. The first session was held on 9<sup>th</sup> June, Saka Dawa 15<sup>th</sup>. With repeated recitations of the prayers from a well-attended congregation, we were able to accumulate 360 recitations of the Vajra Cutter Sutra and 288 recitations of *Tendrel Toepa*.



Students are seen reciting the Vajra Cutter Sutra during Lama Zopa Rinpoche's visit in March 2016. Rinpoche had requested that everyone recite the sutra while he was preparing to confer an initiation.

Those who would like to accumulate individual recitations can pick up the Vajra Cutter Sutra from our Free Publications shelves. Enquiries can be

made at our office on how to obtain copies of *Tendrel Toepa* as well as how to report the number of recitations done.

## REJOICE FOR THE SERA JE FOOD FUND

For 26 years, the FPMT managed the Sera Je Food Fund, providing three meals a day to 2,600 monks at Sera Je Monastery in south India. As of this year, it was declared that the Sera Je Food Fund had been successfully developed into a “self-sustainable endowment fund”. In its e-news on 16<sup>th</sup> May 2017, the FPMT International Office announced that the food fund was in the process of being transferred to the monastery's management and would no longer be an FPMT charitable project. Rejoice for the successful conclusion of this project that Lama Zopa Rinpoche had fully undertaken with wholehearted concern for the welfare of the monks all these years!



## THE RETURN OF JINPA FOR OUR COMMUNITY

After a two-year hiatus, we warmly welcomed the return of JINPA for Our Community, our outreach project that donates and distributes essential groceries to the less fortunate. In partnership with the Chinese Development Assistance Council (CDAC), we held this drive-and-deliver programme on 18<sup>th</sup> June, a Sunday morning where our members and their families got together to distribute supplies to 250 households throughout Singapore.



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.

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Facebook: [www.facebook.com/fpmtABC](http://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

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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](mailto: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](http://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](http://www.fpmtabc.org) for a preview of What's On and Calendar.

Like us on Facebook at: [www.facebook.com/fpmtABC](http://www.facebook.com/fpmtABC)

# WHAT'S NEXT

#### CLASS SCHEDULE

##### Merit, Purification and Blessing

Based on the seven-branched worship, this course provides an in-depth understanding of the special means to create merit, purify obscurations, and receive infinite blessings in one's own heart in the quickest time. Participants will get to engage in the actual methods for the topics taught, which include the benefits of making offerings, the mandala offering, and methods for purification such as the "Confession to the Thirty-five Buddhas" and Vajrasattva practice. This intermediate level course is taught by Ven. Tenzin Gyurme and is tentatively scheduled from Saturday, 9 September, onwards. Exact dates will be announced via our regular e-mail updates.

#### PILGRIMAGE

##### Participation in Dharamsala Teachings

Once again, ABC will participate in attending the teachings given to Southeast Asian students by His Holiness the Dalai Lama. Our president, Tan Hup Cheng, will be leading a group of about 35 members and students of ABC to Dharamsala for this annual event from 26 August to 3 September. This year, His Holiness will teach from Buddhapalita's "Commentary on the Fundamental Wisdom of the Middle Way".

#### PRAYER SESSIONS JUL-SEP 2017

##### Animal Liberation:

9 July / 13 August / 10 September – 10 am

##### Guru Puja:

3 July / 2, 17, 31 August / 15 September – 7.30 pm / 30 September – 4 pm

##### Tsog Offering:

18 July – 9 pm

##### Medicine Buddha Puja:

16 July / 20 August / 3 September – 10.30 am

##### Tara Puja:

23 July / 27 August / 17 September – 10.30 am

##### Confession and Purification Practice:

30 July / 24 September – 10.30 am

View the full calendar on the home page of ABC's website at [www.fpmtabc.org](http://www.fpmtabc.org)

New to Buddhism? Try "A Spoonful of Dharma" and get a taste with the help of senior lay students of Amitabha Buddhist Centre who are graduates of the FPMT Basic Program.

#### "Death and Rebirth"

7 – 28 July

The importance of awareness about death will be explored, especially how death is viewed in the Tibetan Buddhist tradition. Learn some practical ways to be better prepared for death and to help others who are dying through these topics:

- Death according to the *lam-rim*
- Preparing for death and helping the dying
- Eight stages of the death process
- 'Bardo': the state between death and rebirth

#### Facilitator:

Low Thiam Teck has been with ABC since 1996. He now serves as a group leader for the current Basic Program in ABC. He has been to H.H. the Dalai Lama's teachings and gone on pilgrimages in India, Nepal and China.

#### "Your Karma Lor!"

4 – 25 August

"Why me? Is it always my fault? Maybe it is my ancestors' doing? Perhaps my destiny is controlled by another being? Why are some born into wealth and privilege while others were born with a wooden ladle? Is there a way out of this mire?" These questions will be addressed through the Buddhist concept of cause and effect—*karma*—the relationship between actions and their results, and how such actions are the principal determining factor in whether we experience happiness or suffering.

#### Facilitator:

Koh Guat Cheng has met many amazing teachers since joining ABC in the Nineties. She continues to attend the current Basic Program. She hopes to share this little spoonful of Dharma with the wish that it plants some seeds of interest to learn more about the Buddha's teachings.

# A SPOONFUL OF DHARMA: JULY TO OCTOBER 2017

#### "Establishing a Daily Practice"

22 September – 13 October

Just as a car cannot move without wheels, it is difficult to make progress in one's Dharma journey without engaging in the practices contained in the Seven Limb Prayer. This module introduces the seven-limb practice with a focus on the importance of prostrations and the practices of offerings and purification with their relevant meditations and visualisations. Participants will have the opportunity to perform these practices during the sessions.

#### Facilitator:

Cecilia Tsong joined ABC in the early Nineties and has volunteered in many of ABC's activities including: as emcee at our Vesak celebrations, puja leader, sutra reader, and with the Free Publications team. She also conducted previous rounds of "Establishing A Daily Practice". She continues to attend the current Basic Program and is responsible for editing transcripts from the classes.

*Schedule: Four sessions per module, Fridays, 7.30 – 9 pm*

*Registration required: Interested participants should register through our office and subscribe to our mailing list to receive e-mail updates. See **Connect with ABC**, page 10.*



Left to right: Cecilia Tsong, Low Thiam Teck and Koh Guat Cheng



# MY VIEW

## ORGANISING NYUNG NAY: A DUTY TO HELP OTHERS

The Nyung Nay weekend retreat is usually held twice a year at ABC. The recent Nyung Nay from 23<sup>rd</sup> to 26<sup>th</sup> June attracted sixty participants. Several key members of the organising team have been responsible for all the arrangements since ABC was housed at No. 494-D, Geylang Road. This would be over twenty years ago when former resident teacher Ven. Sangye Khadro introduced this practice of Thousand-Arm Chenresig to the students. When asked what has kept up the interest to organise Nyung Nay all these years, organiser Phuah Soon Ek described it as “a duty to help to organise for people”:

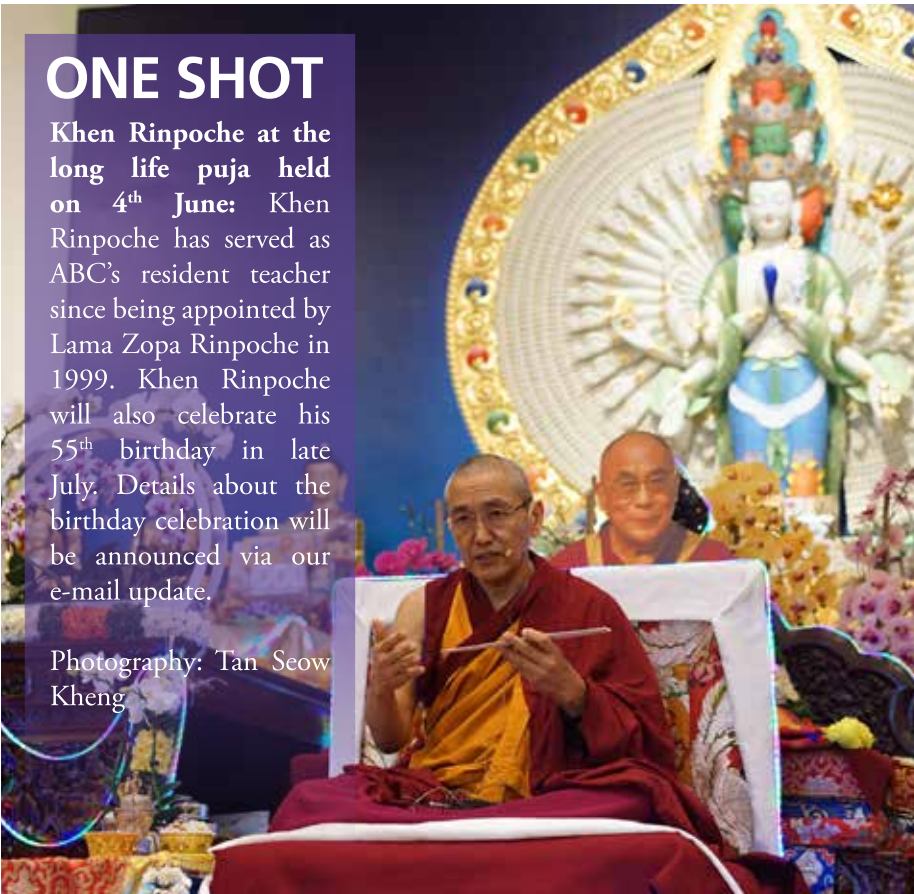
“A team of us consisting of Benny Law (chant leader), Regina Lin (in charge of altar set-up), Cassandra Cheong (in charge of offerings), Vincent Koh (in charge of ‘sur’ offering) and myself (in charge of logistics), supported by Yvonne Chen, Toh Su Fen, Cynthia Khoo and many others, help to organise Nyung Nay. We take it as our duty to help people to fulfil their commitments or with purification practices, as emphasised by Kyabje Lama Zopa Rinpoche on the importance of Nyung Nay practice. Khen Rinpoche Geshe Chonyi is very supportive of the team and always provides advice whenever we ask.”

— A comment from Phuah Soon Ek on organising the Nyung Nay fasting retreat

### ONE SHOT

**Khen Rinpoche at the long life puja held on 4<sup>th</sup> June:** Khen Rinpoche has served as ABC’s resident teacher since being appointed by Lama Zopa Rinpoche in 1999. Khen Rinpoche will also celebrate his 55<sup>th</sup> birthday in late July. Details about the birthday celebration will be announced via our e-mail update.

Photography: Tan Seow Kheng



# WORDS OF TRUTH

*Lama Zopa Rinpoche cited this passage about the Buddha from the “Meeting the Father and Son Sutra” in December 2008 at the old Chenresig gumpa in Kopan Monastery:*

*“Buddha sometimes manifests as Mara to work for sentient beings. They also manifest as women. Buddha also manifests as animals. There is no attachment [in Buddha] but Buddha manifests as attachment.*

*Buddha has no fear but Buddha manifests as showing the aspect of fear.*

*Buddha is not crazy but manifests in the aspect of being crazy.*

*Buddha is not blind but shows the aspect of being blind.*

*Buddha is not crippled but shows the aspect of being crippled.*

*Buddha manifests in all aspects to benefit sentient beings.*

*Buddha manifests as a wheel-turning king and as Dharma.*

*Buddha manifests as asuras, statues, and as relics.*

*In order to liberate the king of ignorance, Buddha manifests as Dharma.*

*In order to liberate the king of anger, Buddha manifests as Krishna.*

*In order to liberate the owner of attachment, Buddha manifests in wrathful form.*

*To liberate the owner of pride, Buddha manifests as Ganapati.*

*In order to liberate the king of jealousy, Buddha appeared as Indra.*

*Buddha has guided us from beginningless rebirths.”*

*Transcribed and edited by Ven. Tenzin Tsultrim, with apologies for any errors*