

MCI (P) 091/10/2016

October – December 2017

# TENDREL

Make Life Good

**H**is Holiness the Dalai Lama often speaks about the need for every individual to take responsibility and action in creating positive changes in the world, that the peace and happiness that we wish to see for ourselves and others begins by first, transforming our own minds. His Holiness reiterated this message while giving the Teachings for Asians 2017 recently in Dharamsala.

In this issue, we bring you a report about ABC's participation at the Dharamsala teachings, as well as special features that reflect our commitment and concern towards creating a more compassionate and happy world. Read the latest about the expansion of childcare services at abc children's place, and don't miss valuable advice from our Spiritual Director and guru, Lama Zopa Rinpoche, on how to help others at the time of death.

Quarterly News from  
Amitabha Buddhist Centre



Amitabha  
Buddhist Centre  
阿弥陀佛教中心

# A MORE COMPASSIONATE AND HAPPY WORLD

# MEDICINE BUDDHA HEALING FESTIVAL 2017

7-8 October • Amitabha Buddhist Centre  
Performed by Khen Rinpoche Geshe Chonyi & Sangha

**SATURDAY, 7 OCTOBER**

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

White Umbrella Deity [Sanskrit: Sitatapatra / Tibetan: *Dug-kar*] is the Great Expeller with a *vajra ushnisha* who turns away evil harms. Join us for this all-day ceremony where we invoke the mighty protection of White Umbrella Deity to ward off fearful, inauspicious and vengeful harms, such as from spirits, sorcery, infectious diseases, untimely death and threats to life and possessions.

**SUNDAY, 8 OCTOBER**

**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 Vajra Vidarana 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](http://www.fpmtabc.org) or at our office until **8 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:

- 8 October, from 5 pm at Level 1 reception
- 10 – 24 October at our office

# CELEBRATE LHABAB DUCHEN WITH US



**FRIDAY, 10 NOVEMBER 2017**

*Lhabab Duchen*, the 22<sup>nd</sup> day of the Tibetan 9<sup>th</sup> month, marks the day of **Buddha's Descent from the Heaven of 33**. Join us in commemorating the Buddha's deeds on this auspicious 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!

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

\* We will 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. Read the details about this FPMT advice at <http://fpmt.org/teachers/zopa/rinpoche-health-updates-and-practices/>

# A SPOONFUL OF DHARMA: NOVEMBER TO DECEMBER 2017

*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.*

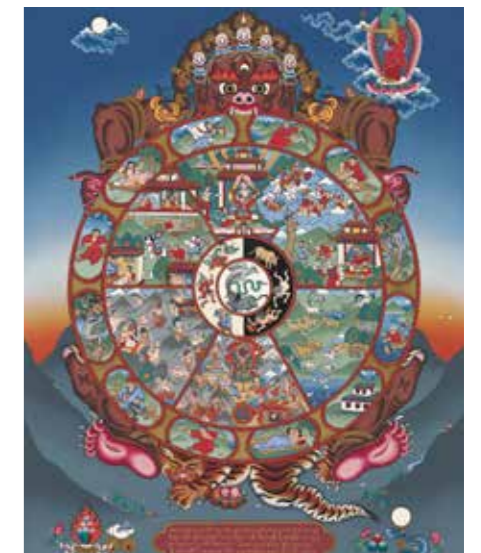
a short course about how we circle in samsara and the way to get out of it.

**Facilitator:**

Ng Swee Kim has a degree in Physics and an MBA in Finance from the National University of Singapore. He became a Buddhist when he joined the NUS Buddhist Society in 1982. After several years of following the Theravada tradition, he joined Amitabha Buddhist Centre in 1992. Swee Kim completed a six-year *lam-rim* course based on "Liberation in the Palm of Your Hand" taught by ABC's first resident teacher Venerable Sangye Khadro. He also completed the first Basic Program taught by Khen

**"Wheel of Life" 3 November – 1 December**

In the Wheel of Life, a monster is seen grasping a wheel containing pictures of different kinds of sentient beings in their different abodes. Have you wondered why the Buddha drew such a gruesome picture and how the king who was given the picture immediately attained liberation upon seeing it? The key to getting out of our problems and sufferings is in the picture. Come for



Rinpoche Geshe Chonyi and is now attending its second run.

*Schedule: Four sessions, Fridays, 7.30 – 9 pm (No class on 10 November)*

*Registration required: Interested participants should register through our office or subscribe to our mailing list to receive our e-mail updates.*

*Note: "Wheel of Life" concludes a series of eight Dharma outreach modules that commenced on 18 November 2016.*

# BABY CARE AT ABC CHILDREN'S PLACE



Our early childhood education centre, *abc children's place*, has come of age! This year marks the twentieth year since the first batch of tiny tots enrolled in 1997. Coinciding with the twentieth anniversary, *abc children's place* is spreading its wings further with a soon-to-be launched infant care facility that can accommodate ten infants and another 22 toddlers.

The brand new wing is in an HDB block adjacent to *abc children's place*, which is located at Block 878 in Tampines Avenue 8. Renovations got underway soon after ABC acquired the lease in June last year, to convert the 185 square metre void deck in Block 877 into a well-equipped child-friendly space.

At present, *abc children's place* operates with a full enrolment of 82 students. The children are aged from 18 months up to six years and attend either childcare or kindergarten. There is currently a staff of 19 who manage the children. With the anticipated new intake of infants and toddlers, there are plans to bring in another seven staff. Even before the new baby care centre opens, we were informed that places are already filling up fast.

Throughout its twenty-year history, *abc children's place* has maintained a secular approach that welcomes children from different religious backgrounds. Universal values of compassion and wisdom are incorporated into the school curriculum and the children are taught skills that promote personal and social responsibility. With the launch of the baby care facility, the future looks promising to nurture another generation of young minds with the compassionate ideals that we hold dear.

*For more information about abc children's place, visit our website: [www.fpmtabc.org/outreach\\_childcare.php](http://www.fpmtabc.org/outreach_childcare.php) or contact the school at tel: 6785 8586*

*File photos – courtesy of abc children's place*

Our hospice group, HUCAB, is moving into a new phase as Wee Geok Hua steps down as the team leader and passes on the baton after ten years at the helm. HUCAB (“Hospice Under the Care of Amitabha Buddha”) is our community service group that works closely with the Dover Park Hospice. Established under the guidance of Lama Zopa Rinpoche in 1999, the HUCAB team has provided care and companionship to the hospice patients for nearly two decades. Geok Hua sums up her experience as hospice volunteer and HUCAB leader:

“It has been a little over a decade when I first began as a new volunteer and befriender with HUCAB at the Dover Park Hospice. I was rather inspired by the book, “Tibetan Book of the Living and Dying”, on the dying process. It aroused in me both fear and curiosity. Back then I had thought that the best way to understand the fear and satisfy the curiosity would be to directly confront it by attending to those in need of assistance and companionship during the final stage of life’s journey. What a journey it has been for me, of learning, understanding and of gratitude for the privilege to befriend a fellow human being during their rather private and intimate stage of life.

HUCAB then comprised a small group of committed volunteers, many who gave up part of their weekends. As a leader, one of the greatest difficulties I faced was to attract more volunteers to HUCAB. But I am very appreciative of the effort made by those who chose to remain. Some have stayed for almost 20 years.

In Choo Lin, our new HUCAB leader, I found a young professional who is committed, passionate and actively serving the community. I am confident she will provide the right direction and leadership with youthful enthusiasm. I will continue to provide Choo Lin with support and mentor her to ensure she settles well into her new role as the leader of HUCAB.”

# CHANGE OF GUARD AT HUCAB



*Retired HUCAB leader Wee Geok Hua, seen here with Khen Rinpoche Geshe Chonyi*

Chan Choo Lin, the new team leader for HUCAB, has been an ABC member and a HUCAB volunteer since 2007. Choo Lin revealed that she came into contact with HUCAB after visiting their booth at ABC’s annual Vesak celebration. She is thankful to HUCAB seniors Douglas Yeo and Ida Tan for their mentorship in her early days as a volunteer. With her background in the healthcare sector, Choo Lin said she was able to bring her own work experiences to serving at the hospice. About what her experiences have taught her, she said, “Appreciate and value people around you and be mindful of others. Do not value someone lightly or take people or things for granted. Avoid procrastination as things are impermanent.”

*HUCAB now has a team of around 15 volunteers but is always on the lookout for more to join them. All volunteers will receive training and abide by the guidelines and secular policies of Dover Park Hospice. Those interested can contact Choo Lin at [choolinchan@gmail.com](mailto:choolinchan@gmail.com)*

A change of guard has recently taken place in ABC’s office as well. **Raymond Yeong** has come on board as the new Operations Officer, taking over from long-time staff member **Denis Kwan**. Raymond is a familiar face at ABC too, having been a member and active student and volunteer since the late Nineties. While Denis has entered retirement, he will continue to contribute as a valued volunteer.

# HOW TO HELP AT THE TIME OF DEATH

*A student in the United States recently asked Lama Zopa Rinpoche for advice on how to help family and friends through the death process. Here are edited excerpts of Rinpoche's reply, where he emphasised the importance of knowing how to prepare for one's own death first, before being able to help others.*

If you know what to do for yourself when you die, then you know what to do for others. First, that is important. I think in one Kopan course or somewhere, I told sangha in particular to write down in your "diarrhea" book [diary], what you are going to do when you are going to die. It is so important.

***"Write down what you are going to do when you die."***

When the doctor says you have cancer, when you come to know you are dying, write down what you are going to do. That is so important. You can even change it from time to time. Don't write down garbage. Write what is

helpful to not be born in lower realms, to be born in a pure land, or when you are a human being. If you are smart you should do that. You help yourself then you can also think, in this way you learn and can help others.

The person can be of a different religion or have no religion. However, of course you can think of heaven in Christianity, but it doesn't mean free from samsara. In the sura realm, asura realm, form realm, formless realm, those are samsaric beings under the control of delusion and karma. They are not free from suffering. It is okay to say heaven, but it is better to mention the

name of a pure land. It doesn't matter if they are not Buddhist, having devotion to Buddha, Dharma and Sangha. Just mention the pure land. If you are there [in a pure land], everybody is your friend, boyfriend, girlfriend, much better there than in this human realm, much better husband, wife.

To somebody who doesn't have devotion to Buddha, Dharma and Sangha, who is Christian, any religion, just mention Tushita has a much better beach! Mention the name Tushita Pure Land, not heaven. Mention the name correctly, then you say there is a much better beach, what the person enjoys—husband, wife, boyfriend, girlfriend, beautiful house. Whatever the person likes, you say it is much better there than here, then the person thinks of Tushita, Maitreya Buddha Pure Land, Amitabha Pure Land, Blissful Realm. In Tibetan, *Dewachen* means blissful realm, blissful pure land. You can say Blissful Pure Land.

***"The correct name is so important [of where to be reborn]."***

For the mind to think of the name, then whatever the person likes, tell them it is much better there than here, then the person can let go of attachment to family and other things. It helps the consciousness to go. That is a method, a psychological method. You talk about what the person likes, saying it is there, mention the correct name.

In Amitabha Pure Land you get unbelievable wealth and pure enjoyments. You never get reborn back in lower realms. You are free forever from the hell, hungry ghost, and animal realms. Tushita is also unbelievable. Normally, only those who practise pure morality get reborn in Tushita. There is Vajrayogini Pure Land, *Dagpa Kacho*—sky enjoyment. If you are born there, definitely hundred per cent you get enlightened there. In the pure land of Vajrayogini or Heruka you definitely get enlightened there.

The name is very important. Rather than saying heaven, you mention a pure

land. It is much better, those different pure lands—Chenresig's pure land is called *Potala*—then whatever the person likes you say it is much, much better up there. So then the person can think of that name, hold on to that, make it easy to let go of attachment here and go there. You have to know how to advise.

What happens is people tell the person who is dying, the object of attachment. When you talk about the object of attachment, they get more attachment and go to the lower realms. You have to know the correct advice—what helps the person, not what you believe but what helps. You have to know what harms and what helps.

Of course there are some people who have much compassion, then it is so easy to talk about compassion for others when the person is dying, to not think of the family but have compassion for all sentient beings who are suffering, free them from sufferings and then to cause them happiness, ultimate happiness, everlasting happiness. Compassion for others is very good at death time.

During his visit to Singapore in March 2016, Lama Zopa Rinpoche also gave advice about how to prepare for death during a lunch with the FPMT sangha. Rinpoche mentioned some mantras relating to the bodhisattva Sarvanivarana-vishkambhin that were important to recite to have a peaceful death.

"You can recite several times:  
OM SARVA NIVARANA  
VISKAMBINI HUM HUM PHAT  
and OM SHVETAVARI VIJALINE  
SVAHA

Even this one mantra, if you recite seven times, that helps to not have pain, to not have violence. When you are dying of violence or pain, you can meditate to have a peaceful death. If you are able you can recite the mantras every day.

***"If the person dies with compassion, that is best."***

With compassion to one sentient being or compassion to all sentient beings, that is the best. If the person has faith in Buddha, Dharma and Sangha, then that is different. There of course, you can do Medicine Buddha, the short Medicine Buddha practice. Even if the person is of another religion, you can do the practice. If you think it is no good for the person to hear, you can sit there quietly and do prayers for the person. If the person likes to hear you can do loudly, if the person has faith in Buddha, Dharma and Sangha. Some people are new but they like to hear prayers.

When an animal or people are going to die, in several hours, the first thing to recite is:

LA MA TON PA CHOM DEN DAY  
DE ZHIN SHEG PA DRA CHOM  
PA YANG DAG PAR DZOG PAY  
SANG GYE RIN CHEN TSUG TOR  
CHEN LA CHAG TSEL LO

Then after that, you do the short Medicine Buddha practice. If you recite to animals loudly, if a person or animal hears, they never get born

in lower realms. You must write that down in your "diarrhea" book. Recite [the mantra] seven times or more so the person or animal that is dying can hear.

If you know *phowa*, transference of consciousness to pure land, you can do that. First, you do *phowa* yourself then after you get signs of succeeding in *phowa*, you do for others. That may be more effective. The methods all depend on the situation, whether the person has faith in Buddha, Dharma and Sangha.

As I said before, please write down, when you are going to die, when the doctor says you have a disease, write down and you can change it to the best. That which is not the best you can change to the best. You write it down and you can follow when you die. Otherwise, scared, full of fear! "I didn't get to do, my life has been so distracted! I didn't get to do!" You understand?

*Extracted from a teaching given by Lama Zopa Rinpoche on 10<sup>th</sup> August 2017 at Thubten Norbu Ling centre in Santa Fe, New Mexico, USA. Simultaneously transcribed by Ven. Joan Nicell with editing by Don Handrick and Tom Truty. Further edited by Ven. Tenzin Tsaltrim for TENDREL.*

## MANTRAS FOR PEACEFUL DEATH

***"When a person passes away you must know how to help, wherever you are in every corner of the world. It is very important."***

To stop violence at the time of death, reciting those mantras are very important. Most people die with tears. That's no good. You are sad, you make your family sad, your friends are sad. The other way, wow, they will be so surprised!"

*Lama Zopa Rinpoche's comprehensive advice on death and dying can be found in his book "How to Enjoy Death", Wisdom Publications, 2016. Copies are still available for purchase at ABC's Tashi Delek Store.*



*Lama Zopa Rinpoche presented copies of his book, "How to Enjoy Death", to ABC volunteers after a talk at the end of his visit in March 2016.*

# A DECADE OF MOST SECRET HAYAGRIVA PUJAS

The Most Secret Hayagriva Prayer Festival has proved popular among our community as seen from the number of people in attendance year after year. This year's event on 5<sup>th</sup> and 6<sup>th</sup> August had its followers with some three hundred people showing up over the weekend.

ABC has been organising the pujas of Most Secret Hayagriva over the past eleven years. The first all-day Most Secret Hayagriva puja was held in 2006 while we were still based at the Lam Clan Association premises in Lorong 15, Geylang. ABC invited Tenggye Rinpoche from Sera Je Monastery in India to lead the puja. Tenggye Rinpoche was a former classmate of Geshe Chonyi and was expert in the Hayagriva practice as he had been in the Most Secret Hayagriva puja committee of Sera Je. Geshe Chonyi, who was teaching the first round of the Basic Program at that time, encouraged the students to attend and to sponsor the puja. Geshe-la explained that it

would be very helpful to make strong prayers to Most Secret Hayagriva to overcome obstacles for our studies.

The following year, 2007, Lama Zopa Rinpoche visited Singapore and stayed for several weeks from late April. We were getting ready to move into our building at Lorong 25A, Geylang, and Rinpoche was to officiate at its grand opening. In the weeks prior to the inaugural ceremony on 19<sup>th</sup> May, ABC hosted a teaching programme by Lama Zopa Rinpoche at a large rented hall in Jalan Besar. This included inviting Rinpoche, together with Tenggye Rinpoche, to lead a puja of Most Secret Hayagriva. Many people came and not surprisingly, with Rinpoche presiding and giving some teachings in between, the puja extended longer than usual.

In the last six years, we have relied strongly on the help of the monks from our “home” monastery of Kopan to assist in our annual Most Secret Hayagriva pujas, which even stretched

into a three-day event from 2013 to 2015. It takes the monks several days to prepare the numerous *tormas* that are offered during the pujas, from mixing and shaping the dough, to the finer tasks of painting and decorating each cake by hand.

Within the Gelug lineage, Most Secret Hayagriva is the special protector deity of Sera Je Monastery. Thanks to our founders, Lama Yeshe and Lama Zopa Rinpoche, and their connection with Sera Je, we are fortunate indeed to be able to rely upon Most Secret Hayagriva and to offer the immense benefits of the puja in Singapore.



*A close-up of the main tormas offering showing intricate sculptures and patterns.*



*Ven. Losang Jinpa, a Kopan monk who is completing his geshe exams at Sera Je Monastery, came to ABC to assist in our 2017 pujas.*

Amitabha Buddhist Centre is into its tenth year of operating from the seven-storey building here at Lorong 25A Geylang. We have settled in well, especially with the completion of our Thousand-Arm Chenresig statue in February 2016. But it's time to look forward to some exciting new developments that are already taking shape!

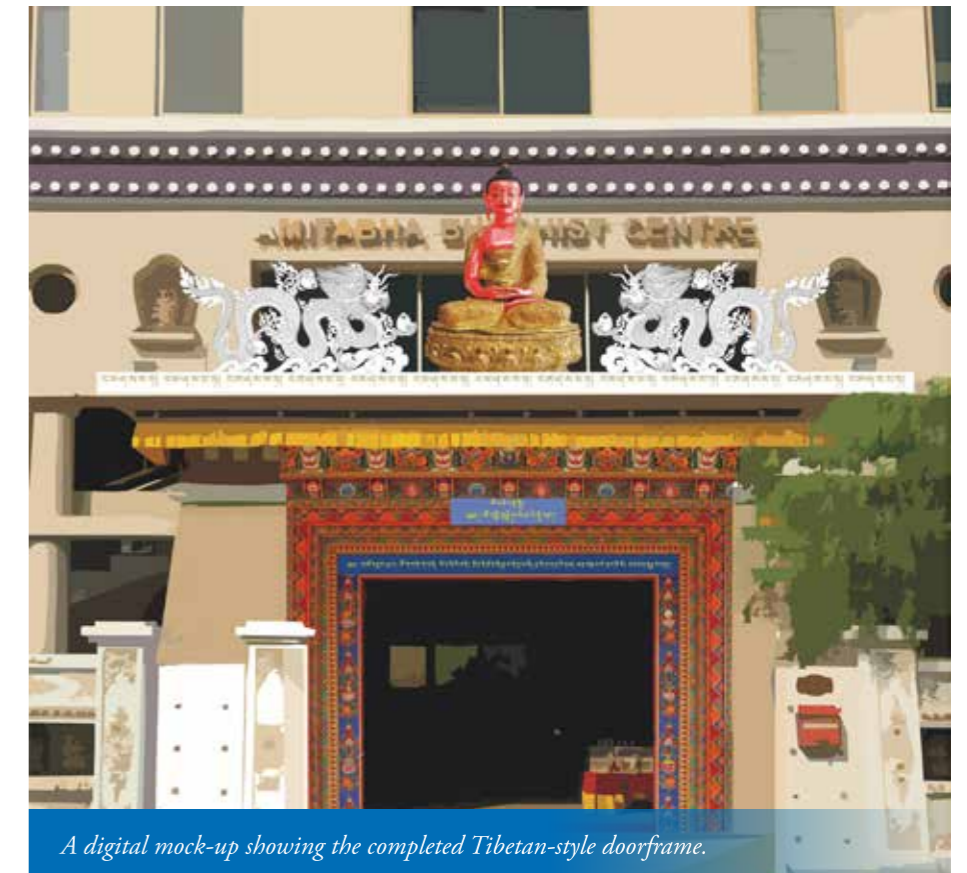
A few years ago, our most precious Spiritual Director Lama Zopa Rinpoche had advised the centre to construct a traditional Tibetan-style doorway at the building's entrance. Rinpoche had specified to ABC's Executive Committee that on one side of the archway, there should be a motif showing the Eight Auspicious Symbols while the other side would display the Four Harmonious Friends.

Peter Griffin, who was responsible for piecing together and installing our Chenresig statue, has been working from his art studio in France to create the new doorway just as Rinpoche envisioned. The five-metre wide doorway will extend to the height of the existing parapet and be adorned with six snow lions and one Garuda. That's not all. Above the parapet will be a two-metre tall statue of Amitabha Buddha flanked by two three-metre long dragons!

Rinpoche also asked for some mantras to be added above the doorway, namely the Chenresig mantra OM MANI PADME HUM, the Stainless Pinnacle Lotus mantra OM PADMO USHNISHA VIMALE HUM PHAT, and a longer mantra of Buddha Mitrugpa. Everyone who passes under the archway will be blessed by these powerful purifying mantras.

Peter visited Singapore for three weeks in August and will be returning in November to complete the project. He shared this update: “I've almost finished constructing the sections for the doorway. I'll finish in the next four weeks and will then ship everything to Singapore. In November I'll return to piece all the sections

# A NEW GATEWAY TAKES SHAPE



*A digital mock-up showing the completed Tibetan-style doorway.*

together, fix everything to the wall and then paint it.”

Besides constructing the new door, Peter will be putting further touches to the Chenresig statue, as Rinpoche had called for some changes. An old friend of Peter's, Joan Solana from Spain, was also in Singapore in August to finish casting the crowns for the statue. Joan happens to be one of Lama Zopa Rinpoche's oldest students and a close student of Lama Yeshe. He was also a jeweller and goldsmith for more than 30 years and hence, his skills were of great help in completing the casting of Chenresig's crowns and various ornaments.

Two monks from Kopan Monastery are also expected to visit next January to repaint parts of the robes on the statue, as advised by Rinpoche. It is hoped



*One of the snow lion sculptures for the new doorway.*



*Peter Griffin and Joan Solana trying out durians while in Singapore.*

that Rinpoche will visit ABC some time later next year for a long-awaited crowning ceremony for our Chenresig statue. For the time being, we can look forward to welcoming 2018 with a stunning new entryway!

*Images by courtesy of Peter Griffin*

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
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#### 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)

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# WHAT'S NEXT

#### PROGRAMME UPDATES

##### Foundation Service Seminar

ABC will be hosting the Foundation Service Seminar, an FPMT programme designed to promote a shared understanding of the organisation's values and Lama Zopa Rinpoche's vast visions among those who currently offer service at the centre. This retreat-style seminar will be held over two weekends from 2 – 3 December and 9 – 10 December. Senior FPMT student Wendy Ridley (from the UK) and Losang Dragpa Centre director Dr. Goh Pik Pin will lead the seminar, which has already been held in several FPMT centres around the world, including LDC in Kuala Lumpur. Participation at this seminar will be by invitation only.

##### Basic Program Term Break

After the closing session on 19 October, there will be a year-end break in the Basic Program as our resident teacher Khen Rinpoche Geshe Chonyi takes his customary leave from ABC for his annual visit at Kopan Monastery. Classes on the current topic of "Tantric Paths and Grounds" (for registered students only) will continue in early 2018 when Khen Rinpoche returns.

##### Sunday Pujas

From October 2017 onwards, the Sunday morning pujas will be pared down to a monthly session each of the Medicine Buddha puja and Tara puja. See the schedule below. The Confession and Purification practice will be discontinued until further notice. All are welcome to attend the Medicine Buddha and Tara pujas, where everyone benefits from accumulating the collective merits of taking part in group prayer and practice.

#### PRAYER SESSIONS OCT-DEC 2017

##### Animal Liberation:

8 October / 12 November / 10 December – 10 am

##### Guru Puja:

14 October – 4 pm / 30 October / 13, 28 November / 28 December – 7.30 pm /

##### Guru Puja on Lama Tsong Khapa Day:

12 December – 7.30 pm

##### Medicine Buddha Puja:

1 October / 5 November / 3 December – 10.30 am

##### Tara Puja:

22 October / 19 November / 17 December – 10.30 am

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

# IN OUR CIRCLE

## KHEN RINPOCHE GIVES WHITE MANJUSHRI

More than 150 students attended an empowerment of White Manjushri by Khen Rinpoche Geshe Chonyi at ABC on the Sunday morning of 10<sup>th</sup> September. This marks the first occasion of a tantric empowerment given by Khen Rinpoche in Singapore. Khen Rinpoche went to a great extent of providing an explanation about the deity and the initiation process that was very clear, precise and helpful. Besides developing one's wisdom, Khen Rinpoche pointed out that the practice of Manjushri was also beneficial for developing a good heart.



# THE DHARAMSALA TEACHINGS



For the eleventh consecutive year, ABC organised a pilgrimage to attend the teachings given by His Holiness the Dalai Lama at his resident monastery in Dharamsala. The group of 35 led by our centre director Tan Hup Cheng was comprised mainly of newcomers

to ABC and their families, many who were visiting India for the first time. Needless to say, this was the first time that most of the group had visited a Tibetan Buddhist monastery and received teachings from His Holiness!

This year, His Holiness began teaching for the very first time, "Buddhapalita's Commentary on the Fundamental Wisdom of the Middle Way". His Holiness announced at the beginning of the four-day teachings that he was giving the oral transmission as well as his personal commentary on this significant philosophical text. While the subject was far advanced beyond the beginner level, our participants were open-minded to the new cultural experience and enjoyed their introduction to the world of Tibetan Buddhism. The packed itinerary from 27<sup>th</sup> August to 3<sup>rd</sup> September included a day trip to Tso Pema, the holy lake of Guru Rinpoche Padmasambhava, and an impromptu audience with H.E. Ling Rinpoche at his Dharamsala residence.

The Teachings for Asians 2017 is an annual event organised by the Tibetan Buddhist Centre in Singapore. ABC has participated every year since it began in 2007.

# MY VIEW

## TENDREL TO TAKE A BREAK

One of the perks of editing ABC's newsletter is being able to keep up with the latest happenings at the centre and chatting with people involved in various projects, finding out more about what they do, hearing their perspectives, and sharing news and views.

I have been on reporting "duty" since around March 2011 when I began work on the May/June 2011 issue of TASHI DELEK, the bimonthly that preceded the now bespoke TENDREL. Eight years of unceasing commitment to news coverage in our community, come what may. The job has accompanied me even when I travel, or at least I've fussed over deadlines and schedules before and after going into longer retreats. Our creative designer Kennedy Koh has been a very accommodating and understanding co-worker throughout this process. In the last five years especially, the social media boom among our Buddhist community added the challenge of how to keep the

newsletter relevant and meaningful when the latest updates are just a finger tap away. Nevertheless, I hope the articles featured over the years have been informative and helpful for Dharma learning and practice, and inspired an interest towards this centre and more importantly, our gurus.

At this juncture, the newsletter is going on a short break while yours truly takes a leave of absence. Publication of TENDREL will halt for the first half of 2018, or at least that's the plan. In the meantime, announcements about ABC's events will continue via the e-mail updates and on our website or Facebook page where relevant.

In signing off, the greatest joy in all this volunteered service has been in my attempts to convey the words of my precious gurus to anyone who reads.

– Ven. Tenzin Tsultrim, TENDREL Editor

# WORDS OF TRUTH

*"This need to control negative emotions is something I try to make people aware of wherever I go. All of us here are Dharma brothers and sisters and we can all see how we can contribute to ensuring greater happiness in the world—not by spreading Buddhism as such, but by helping people reduce their negative emotions."*

– His Holiness the Dalai Lama at the Teachings for Asians 2017 in Dharamsala, courtesy of dalailama.com



## ONE SHOT

**With His Holiness the Dalai Lama in Dharamsala:** His Holiness gazes out as students from Indonesia recite the Heart Sutra in Bahasa Indonesia during the teachings held from 29<sup>th</sup> August to 1<sup>st</sup> September 2017. It has become a tradition that before the teachings begin, a group of students from among the host countries would take turns to recite the "Heart of the Perfection of Wisdom Sutra" in their native language.

Photography: Ven. Tenzin Tsultrim