

Mahayana Buddhist Association

A Member of the Foundation for the Preservation of the
Mahayana Tradition

Spiritual Director: Kyabje Lama Zopa Rinpoche
Co-Directors: Ven. Pemba & Esther Ngai

May 2012



Letter from Lama Zopa Rinpoche in the FPMT Annual Review

Highlight

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A Token of Thanks from Kopan Monastery

Interview with Charok Lama Rinpoche

Upcoming Programs

Calendar

My very dear most precious, wish-fulfilling, dearest benefactors, students, staff of the FPMT organization, friends and everybody,

Because I had a stroke you can't imagine all the pujas that have been done in Tibet, India and all over the world, it is most unbelievable the amount of pujas that have been done, such as so many hundreds and thousands and millions of Padmasambhava mantras and Om Mani Padme Hum in Tibet and so on, in many different places by individuals, groups and centers, projects and services. Then especially the liberation of animals, so many in Tibet and other places, of course

that is a very good thing as it helps the animals to not suffer and not be killed

When I was in hospital I saw a program about animals that were sold to be killed in Indonesia and other countries (live export), I don't know how long this has been going on, must be already for a long time.

On the TV I saw the goats waiting in line, between wood fences, it didn't show how they were killed, but it showed one cow that was on the platform, with the head tied, being pulled down to be killed. The cow didn't want to go and the man was pulling it. I thought I don't have power to

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stop all this killing, but what I can do is to try to inspire people to become vegetarian and since then whatever teaching I am giving, even if it is tantra, I am trying to talk to people about becoming vegetarian, to avoid eating meat or to eat less meat so that there are less animals getting killed. I am trying like that.

Then just to mention that one person in Vietnam became vegetarian because he heard I was sick and one student from Amitabha Buddhist Center in Singapore took lifetime Mahayana precepts after she heard I was sick and one prisoner in USA also stopped eating meat. So they are really really amazing!

I am very, very sorry, even the abbots of the large monasteries and high officials in the Tibetan Government, when they get sick or die don't have so many pujas done, but I who is nothing, has no education, from this life and neither from past lives, just an old cow that couldn't even chew the grass well, difficult to benefit others, so all over the world individuals and also centers did so many pujas and each monks at Nalanda Monastery recited 1000 x the long Namgyalma mantra, so that is really amazing, this helps them so much, it is most unbelievable, most unbelievably powerful, after that they will have so much power to help others, it is such a rare thing to have done.

Really there are no words left to thank everyone, even to those

who just did some prayers, with a positive heart, so with my palms together at the heart, really thank you. So now I will try to benefit, with two or three words of Dharma that I know, just like imitating, like a tape recorder, I will try like that as much as possible to help others.

For me this experience has been like learning the lam-rim, which is the heart of the Dharma, the heart of the Kangyur and Tengyur. To really understand that **karma is definite** - once virtue has been created and dedicated to enlightenment and sealed with emptiness and not destroyed by heresy or anger and once non-virtue has been created and if it has not been purified then it is definite that one will have to experience the result.

Then **karma is expandable** - even if what is created is very small, the result is expandable. For example according to King Ashoka's life story, when he was child playing in the sand he offered a handful of sand to the Buddha, but he visualized that it was gold and he actually received the merit of having actually offered gold in Buddha's beggar bowl. In his next life he was born as a Dharma King, he was very wealthy and was able to build ten million stupas in one day. So that is amazing, amazing, amazing, unbelievable merits he was able to collect. So this is the same in regards to negative karma.

This means it is very important to abandon even small negative karma as much as possible and to practice even small good karma as much as possible. To really put effort in this way.

Then **if the cause has been created then one will experience the result of that karma**, the result will never get lost, no matter how many billions of years ago it was created, one will still have to experience the result. For example we can see this in our lives, maybe somebody is so beautiful, so healthy, then suddenly their whole body totally changes, becomes so sick. They might wonder what happened, that they didn't do anything bad in this life so why now do they have to experience this pain. So this is the result of

negative karma created either in this life or billions and billions of eons ago. One should not relate everything to just this life, that is silly. We must have created so much karma from beginningless rebirth, that we have not yet finished experiencing the results.

Then **karma that is created never gets lost** – no matter how small the karma is, the result never gets lost. This has been really a serious teaching for me.

Please everybody, dear ones, wish-fulfilling dears, most precious friends, please rejoice in the unbelievable, unbelievable merit that has been created, please rejoice in all the pujas that have been done by every single individual, or in groups, and also please rejoice for all those who have dedicated their lives to FPMT, all the directors and staff who have sacrificed their lives for many years, completely sacrificed their most precious time, as well as those who have done practices, even simple good prayers, for the organization, everyone has taken on so many hardships, this is real bodhisattva actions and real guru yoga practice, by doing the work or practice, thinking of the Guru, so in this way fulfilling His Holiness the Dalai Lama's advice, fulfilling the wishes of all the buddhas and bodhisattvas, by pleasing them by benefitting sentient beings, with the teachings of Buddha, by studying and also by practicing.

On behalf of all the buddhas and bodhisattvas, His Holiness the Dalai Lama, Lama Yeshe, every single sentient being and minute me - thank you from my heart, with my palms together (even the right hand which has stroke and doesn't stay up so well) but still putting them both together, with all my ten fingers, thank you, thank you all every day, every hour, every minute and every second, thank you very much.

Please enjoy with bodhicitta, enjoy the happiness of Dharma with bodhicitta.

Lama Zopa

A Token of Thanks from Kopan Monastery

Kopan, March 20, 2012

Dear Friend of the Monlam Great Prayer festival,

The Great Prayer festival this year was again under the spiritual guidance of Jangtse Choeje Losang Tenzin, ex-abbot of Gyurme Tantric College, the next in line to the throne of Lama Tsong Khapa, the second highest position within the Gelug tradition. So we were again specially blessed.

The Great Prayer Festival has developed and grown over time to become a major festival in the Nepal spiritual calendar. Many thousands of people come to participate, listen to the teachings, and receive blessings from Rinpoche.

As you know, prayers made by a community of Sangha are very powerful and meaningful, an universal effort to help bring peace to the world when there is so much unrest, violence and so many people facing a lot of suffering and unhappiness as a

consequence. Therefore again this Prayer Festival was especially dedicated to achieving and preserving peace in the world.

Over five days, from morning till dusk and almost without a break, a program of prayers, debate and teaching was presented. Various texts, prayers and practices from sutra and tantras were recited - mostly from memory - and often with very moving traditional tunes. The intensity of the prayers recited with so much feeling and devotion is sometimes quite overwhelming and always touching the heart.

Every day, around 1500 monks and nuns gathered for the prayers.

On the main day, the 'Day Of Miracles', around 1800 monks and nuns attended the prayer meeting, together with five thousand lay people who came to pay their respects and make offerings, to enjoy the beautiful environment of Kopan, and to have a picnic with family and friends.

Just like in Tibet many years ago, huge butter sculptures were displayed during that day, made by the tantric monks of Kopan under the guidance of their ritual master. The special Monlam thangka, of Shakyamuni Buddha was also displayed on the main day as well as the thangka of the six Indian Pandits .

Throughout the five-day celebration, extensive offerings were made every day: breakfast, lunch and dinner were offered daily to all sangha. Additionally, substantial cash offerings were made after each of the four prayer sessions. This was possible through the generosity of the many benefactors such as you. All the sponsors' names were read out to the assembled Sangha community and the offerings dedicated extensively as per your request. The sangha made many special prayers for the long life, health and well being of all the benefactors and their families, and for the success of all their activities. The ceremonies continued with extensive teachings on the Lam Rim and several initiations and concluded with a Long Life Puja offered to Jangtse Choeje Rinpoche.

We rejoice in the merit created by all, participants, and sponsors alike, which are limitless like the sky.

On behalf of the Monlam Organising committee, we thank you for your donation, helping us in making this Great Prayer Festival magnificent and a great success. Everybody was very happy and harmonious throughout, taking in the essence of the teachings.

With many Tashi Deleks and Prayers,

Kopan Monastery



Interview with Charok Lama Rinpoche



The following is an Interview with Charok Lama Rinpoche by Pasang Sherpa, the Editor-in-chief and Publisher of *Vairocana Magazine*

Ven. Charok Lama Rinpoche is the reincarnation of Charok Lama, a contemporary of the Lawudo Lama Künzang Yeshe from Solu Khumbu district of Nepal. The Lawudo Lama Künzang Yeshe was the previous incarnation of Kyabje Lama Zopa Rinpoche. Since Charok Lama was discovered by Kyabje Lama Zopa Rinpoche and recognized by Thulshik Rinpoche at the age of two years, he lived at Kopan Monastery in Kathmandu until the age of 8 when he joined Sera Je Monastic University in Southern India, where he is a candidate for the Geshe degree. Ven. Charok Lama speaks fluent English as well as Tibetan, Nepali and Sherpa. Rinpoche can also converse in the Hindi language. The team of *Vairocana* had an audience with him in the Kopan Monastery where he shared his feeling and words of wisdom in a gentle and very engaging manner. Rinpoche gave insightful answers to a variety of questions that demonstrated a level of maturity that revealed fleeting glimpses into his holy mind.

Charok Lama Rinpoche's previous incarnation was a friend of the Lawudo Lama, Künzang Yeshe who was Lama Zopa Rinpoche's previous incarnation, and they both lived in the same area in Solu Khumbu region of the Himalayas.

When he was two years old, he was taken from his Himalayan mountain in the Solu Khumbu region to live as an ordained monk

in Kopan Monastery in Kathmandu. By the time he reached the age of nine, he had already presided over three formal enthronements ceremonies, namely Latchi, Sera Je and Tsawa Kamsten. Since then, Charok Lama was admitted to Sera Je Monastic University in Southern India. There he follows a strict regimen of intensive study, memorizing scriptures and classical Buddhist texts, receiving oral transmissions, debating and attending daily pujas. Following is an exclusive interview taken by the Chief Editor of *Vairocana* with Ven. Charok Lama Rinpoche:

Q. Rinpoche. Have you ever thought of going to college as others do?

CLR: I have always thought of going to outer university to study and understand the modern world, the people living in it, the new ideas, the ethics they apply in almost everything from the spiritual world to our materialistic world plus the views of the great people, so that I can approach the ethics based on the universal principal and somehow amalgamate it with the great religious philosophies and ancient wisdoms. This will help to authoritatively pave a universal way for the people to understand the path of liberation, which I haven't figured out yet, ha ha ha (laughter).....

Q. Do you think monks are lagging behind because they are not getting modern education that is provided in the school?

CLR: Yes, in a way it is true because in general it is very important for the monks to understand the world if they really want to help the world and humankind, or teach them, right? His Holiness (the 14th Dalai Lama) has mentioned in the monastic

colleges how imperative the modern education is and how it plays a big role in keeping Buddhism animate and it is one of the only means to share it with others.

Q. What are the good things you like about being a monk?

CLR: As a matter of fact, I have no particular likes, so to speak. I try my best, and give my best effort. The best thing is that I have no regret of having become a monk and regret with my studies, my life and with what I have done and in particular, in sharing the things I know with others and getting different ideas from them on deep things such as impermanence, emptiness and so forth. After all, they are all knowledge, and the important thing is to know how to grasp them.

Q. What are the things that you like about a life in the monastery?

CLR: It is diplomatic, peaceful, mute and you get all the time in the world to think, or for a lot of other monks, to meditate and so forth.

Q. Rinpoche! What are your hobbies?

CLR: I like swimming and listening to music, in general I am more of an inward person.

Q. Had you not become a monk, what would have been your ambition in life?

CLR: Had I not become a monk I wouldn't have been who I am today. Therefore, I wouldn't be familiar with my ambitions. Perhaps I would have kept doing what I am doing now had I not been a monk. I don't know.

Q. Today's younger generations are not merely leaders of the future, but are key partners of the

present as well. I would like to know about your thoughts on the crucial role the youth must play in shaping the future?

The youth are becoming more lethargic and lazy. But they have potential. In short, things, thoughts, ideas, views, ethics, time and people are changing. The route is to accept the change and not to

expect too much of them. The youth are more open minded, free thinkers and easy going. So adopting the changes might brighten the way for them. Expectation from them is a blind way to getting them to develop or convey out what they have in them. Well, that is what I think, never expect too much and keep

your spirits up to compromisingly accept whatever they have done, so as to bring every small light into this world.

Taken from <http://vairochana.com/interviews/item/27-charok-lama-rinpoche.html> of Vairochana Magazine

Upcoming Programmes

Discussion and Sadhana Practice on Venerable Vajrayogini

7:30pm | every Tuesday | completing in June

*These teaching and practices are restricted to **ONLY** those who have received the Naro Khadroma's initiation of the Gelug tradition.*

Discussion and Sadhana Practice on Yamantaka

7:30pm | every Tuesday | beginning in July

*These teaching and practices are restricted to **ONLY** those who have received the Yamantaka initiation.*

Dharma Teaching Through Analogies

7:30pm | every Friday

The text Jeweled Heap of Analogies by the great 11th century Kadampa master Geshe Potowa, which presents the fundamentals of Buddhist practice especially mind training, will be used in this session. These are presented in a clear and down-to-earth way, using analogies from everyday life. We will conjoin this teaching with one of the short Lamrim texts for meditation and to complement the connection with Lamrim teachings to help for clear insight and understanding.

As it is said that "Anyone who sees everything as an example has lots of pith instructions to offer to others"

All are welcome to join.

Vajrasattva Retreat in Sakadawa

7:30pm | 1 June | Friday | one session

8am-9:30pm | 2 June | Saturday | 5 sessions

8am-5:30pm | 3 June | Sunday | 4 sessions

The retreat will be based on The Daily Purification: A Short Vajrasattva Practice, composed by Kyabje Lama Zopa Rinpoche. Please register by filling in your name and phone number and reply before 25 May.

Vajrasattva Retreat
reply slip (before 25 May)

Name:

.....

Phone no.:

.....

Calendar 2012

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Tsog	2	3	4 Teaching through Analogies	5	6 Medicine Buddha Puja
7	8 Discussion on Vajrayogini Sadhana	9	10	11 Teaching through Analogies	12	13
14	15 Tsog	16	17	18 Teaching through Analogies	19	20
21	22 Discussion on Vajrayogini Sadhana	23	24	25 Teaching through Analogies	26	27
28	29 Tara Puja	30 Tsog	31			

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Retreat	2 Retreat	3 Retreat
4 Sakadawa Tsog & Light Offering	5 Discussion on Vajrayogini Sadhana	6	7	8 Teaching through Analogies	9	10
11	12 Discussion on Vajrayogini Sadhana	13	14 Tsog	15 Teaching through Analogies	16	17
18	19 Discussion on Vajrayogini Sadhana	20	21	22 Teaching through Analogies	23	24
25	26 Discussion on Vajrayogini Sadhana	27 Tara Puja	28	29 Tsog	30	

July

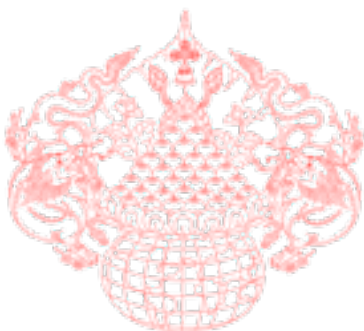
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3 Medicine Buddha Puja	4	5	6 Teaching through Analogies	7	8
9	10 Discussion on Yamantaka Sadhana	11	12	13 Tsog	14	15
16	17 Discussion on Yamantaka Sadhana	18	19	20 Teaching through Analogies	21	22
23 Wheel- turning Day	24 Discussion on Yamantaka Sadhana	25	26 Tara Puja	27 Teaching through Analogies	28 Tsog	29
30	31 Discussion on Yamantaka Sadhana					

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Medicine Buddha Puja	3 Teaching through Analogies	4	5
6	7 Discussion on Yamantaka Sadhana	8	9	10 Teaching through Analogies	11	12 Tsog
13	14 Discussion on Yamantaka Sadhana	15	16	17 Teaching through Analogies	18	19
20	21 Discussion on Yamantaka Sadhana	22	23	24 Teaching through Analogies	25 Tara	26 Tsog
27	28 Discussion on Yamantaka Sadhana	29	30	31 Medicine Buddha Puja		

All the activities are held in the Centre at 7:30pm unless otherwise stated. The schedule is subject to change without prior notice.

Snapshots | Monlam 2012 at Kopan Monastery



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