



CHOKGYUR LINGPA FOUNDATION



Annual Report 2010

Chokgyur Lingpa Foundation
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Cover image : Chokgyur Dechen Zhigpo Lingpa, courtesy of His Eminence Kyabje 4th Tsikey Chokling Rinpoche.
Photographed by Michael Eisenbach

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A MESSAGE FROM HIS EMINENCE KYABJE TSIKEY CHOKLING RINPOCHE AND KYABGÖN PHAKCHOK RINPOCHE



The year 2010 was a highly eventful one for Chokgyur Lingpa Foundation. The construction of Zangdok Palri was in full swing, and we also had our first ever Sadhana Ritual Course as well as our first pilgrimage in the Footsteps of the Buddha. These are all part of our vision to make the authentic Dharma available equally to ordained and lay sangha alike. To this end, our small translations and publications team, Lhasey Lotsawas, worked tirelessly to produce two major works, *Clarifying The Path (Volume One)* and *The Amrita of Essential Accomplishment*.

While the global economy continue to flounder in starts and stops, we are grateful to our generous donors who have helped us keep our almost eighty young monks well, and also enabled us to extend much needed healthcare via Vajra Varahi Healthcare Clinic to the poor villagers in Chapagaon, Godawari and the Langtang region in northern Nepal.

We would also like to extend a special word of thanks to the generous founder and partners of Albulhary International University, for extending full scholarships to needy students worldwide. With their help, we have managed to provide eight bright young Nepali and Bhutanese students a stepping stone out of poverty.

The year ahead will be a year of consolidation for us, as we seek to stabilise the funding for our ongoing projects - Zangdok Palri, the Monks Welfare Fund and the Vajra Varahi Healthcare Clinic. We are extremely grateful to our current donors who are mainly from Asia. However, we will be looking to diversify our donor base worldwide and seeking to even-out donations, by facilitating regular contributions at timed intervals.

All of our worldwide sangha are always in our thoughts and prayers, and we pray that your journey to enlightenment will continue without obstacles.

H.E. Tsikey Chokling Rinpoche

Kyabgön Phakchok Rinpoche

OUR MISSION AND OBJECTIVES

The sole mission of the Chokgyur Lingpa Foundation is to benefit sentient beings and preserve the Buddha's sacred teachings.

Since the founding of the Foundation in 2006, each year we have been able to benefit thousands of sentient beings through a range of humanitarian projects dealing with healthcare and education. By funding the translation and publication of dharma texts, the production of genuine ritual items, and the development of young monks' monasteries, dharma and retreat centres we have also been able to contribute to the upholding and flourishing of the buddhadharma in this world.

These are all activities that we shall continue, develop, and expand each year, and while we rejoice in what we have been able to accomplish so far, our aspirations by no means stop there. These are all small, but significant beginnings, a foundation on which we hope to build and expand our activities for the benefit of others in a myriad of ways, through healthcare, education, and foremost the sacred buddhadharma.

Enlightened body, speech, mind, qualities, and activities are the five qualities of enlightenment, the fruition of the practice of the buddhadharma. Since the ultimate aim of all of the foundation's activities is none other than enlightenment, we have organised our different projects into these five categories.

Vajra Body refers to all our building projects, such as Zangdok Palri, which are physical representations of enlightened form.

Vajra Speech here refers to the printing, publication, and translation of dharma texts, the vehicle of the Buddha's enlightened speech.

Vajra Mind here refers to dharma and retreat centres, where the inner qualities of realisation are developed through study and meditation.

Vajra Quality here refers to projects concerned with monastic and secular education, the means through which qualities are developed within us.

Vajra Activity here refers to the different humanitarian projects undertaken for the benefit of sentient beings, such as those of Vajra Varahi Healthcare Clinic.



HIGHLIGHTS FROM H.E. KYABJE TSIKEY CHOKLING RINPOCHE'S TEACHING TOUR 2010



H.E. Tsikey Chokling Rinpoche's tour this year was focused on Asia, specifically Malaysia and Singapore.

In his first stop in Singapore, Rinpoche performed a special Eight Manifestations of Guru Rinpoche fire puja and empowerment. These eight manifestations represent Guru Rinpoche's eight attainments - the four activities of increasing, pacifying, subjugating and magnetizing; and the four immeasurables of equanimity, compassion, loving kindness and sympathetic joy. Rinpoche also gave teachings on the Four Mind-Changings and Dzogchen preliminaries to a full house at the Rangjung Yeshe Oddiyana centre, Singapore.

Chokling Rinpoche giving basic Dzogchen teachings in Singapore

In Kuala Lumpur, Rinpoche performed the elaborate Gyazhi (Four Hundred Offerings) puja which is meant to redeem one from torments caused by the four maras. Rinpoche also gave various empowerments – Lama Norlha, Parol Goljom, Zabdun Shinje (Yamantaka) and Zabthik Drolma (Green Tara). In Genting Highlands, Rinpoche gave direct, concise, pithy and profound teachings on nature of the mind as well as preliminary pointing-out instructions to over sixty devotees from Singapore, Malaysia and Thailand. Back in Kuala Lumpur on Mid-Autumn Festival day (15th day of the 8th lunar month), Rinpoche taught the preliminary practices of Dzogchen as well as the importance of meditation in his trademark jovial, direct and witty manner.



The four hundred offerings for the Gyazhi puja



Wealth vases for the Lama Norlha puja

In Ipoh, Rinpoche led the inaugural Guru Rinpoche Marathon Chanting Session held at the Paragon City Hotel. The session lasted twelve hours and the objective was to chant

collectively as many Guru Rinpoche mantras as possible to generate merit for world peace to reduce suffering and calamities as well as raise funds for the building of Zangdok Palri. The session begun with a short puja by Rinpoche and the participants chanted tirelessly throughout the day until the closing feast offering. Collectively, participants managed to chant a total of close to 835,000 mantras during this session. One participant describes, “The atmosphere within the chanting hall was incredibly peaceful. It was amazing.”



Left : Chokling Rinpoche presiding over the opening of the Marathon Chanting Session in Ipoh.

In Penang, devotees from Rangjung Yeshe Penang organized a fundraising dinner party for the Zangdok Palri project on 17th September. The dinner was themed “Be A Star... With The Stars”. With performances by Hong Kong star Ron Ng Cheuk How, and local impersonators of Michael Jackson, Elvis Presley, Leslie Cheung, it was truly a night to remember! Attendees also had their chance to make aspirations on Wish-Fulfilling Copper Strips which will be casted into the walls of Zangdok Palri.

On the last day of Rinpoche’s official program, a combined prayer session was held with monks, nuns and lay practitioners of the Theravada, Mahayana and Vajrayana tradition. Four Theravada monks did the Paritta chanting, while the Mahayana representatives chanted the *Amitabha sTra*. Chokling Rinpoche and his monks conducted the Amitabha Puja. It was a truly meaningful occasion to bring about the increasingly rare unity of the three vehicles, and was a fitting close to a successful tour!



Chokling Rinpoche with Theravada and Mahayana representatives during the joint Amitabha puja in Penang, Malaysia

HIGHLIGHTS FROM KYABGÖN PHAKCHOK RINPOCHE'S TEACHING TOUR 2010

Around Asia



The central theme for Phakchok Rinpoche's 2010 tour was to deepen the understanding of the Dharma for the Malaysian and Singaporean sangha. To this end, Rinpoche focused on teaching popular texts such as Gampopa's *Jewel Ornament of Liberation* and Shantideva's *Way of the Bodhisattva* as well as lesser-known texts such as *Meditation on the Unsurpassable Recollection of the*

Buddha by Mahamati, which is part of *Clarifying The Path (Volume One)*, the compilation of very precious teachings from the Tengyur (the Collected Translated Treatises) by the great mahasiddhas of the past. This year's tour was anchored on the two Mahamudra retreats, in Malaysia's Fraser's Hill and in Singapore. These Mahamudra retreats are the first part of a two-year programme. During this year's retreats, Rinpoche taught the first half of *The Amrita of the Essential Accomplishment*, a very precious Taklung Kagyu Mahamudra text, covering the Four Mind-changings and preliminaries, through shamatha meditation.

Aside from teaching sessions, Phakchok Rinpoche also took time to visit the Pearl Hill Stupa, the first stand-alone stupa in Penang, which was built by devotees from the Rangjung Yeshe Buddhist Society Penang. This stupa was consecrated in 2009 by H.E. Tsikey Chokling Rinpoche and Phakchok Rinpoche. In Broga, Phakchok Rinpoche participated in the festive Wesak Day Parade around the village on three beautifully decorated parade vehicles. On Wesak Day, the celebration of Buddha Shakayamuni's birth, enlightenment and parinirvana, Phakchok Rinpoche held the Buddha Shakyamuni and Sixteen Arhats' Puja, the Bathing Buddha ceremony and releasing lives ceremony, as well as Chanting the Names of One Thousand Buddhas in Kuala Lumpur. Thereafter, Phakchok Rinpoche personally served a vegetarian lunch to the devotees, exemplifying the qualities of humility, selflessness and compassion underpinning the Buddhadharma.



In Europe and the Americas

Kyabgön Phakchok Rinpoche began his teaching tour to the West on June 25th when he left Kathmandu, Nepal to fly to Lindholme Hall, the new Rangjung Yeshe (RY) Gomde centre in England. Here Rinpoche gave teachings from *Clarifying The Path (Volume One)*,

and bestowed several empowerments. Rinpoche then travelled to a local town to give a public talk on The Key to Happiness, and then proceeded to travel to France and then RY Gomde Austria, where he conducted the second part of a teaching retreat on Mahamudra using the Taklung Kagyu text, *The Amrita of the Essential Accomplishment*. These three topics—teachings on *Clarifying the Path* and Mahamudra teaching retreats on *The Amrita of the Essential Accomplishment* for more serious practitioners, and talks on The Key to Happiness for the general public—formed the core of Rinpoche’s teaching programmes throughout his tour.



After the retreat at RY Gomde Austria, Rinpoche flew to the USA, where he first gave teachings in New York City and then hosted his uncle Tulku Chokyi Nyima Rinpoche’s first visit and teaching programme at RY Gomde Cooperstown. For the first half of August, Rinpoche himself gave teachings at the Cooperstown centre, conducting the second Nine Yanas retreat (the Pratyekabuddhayana) and also the first year of Mahamudra retreat.

During the second half of August, Rinpoche visited Vermont and Massachusetts before flying back to France to teach at The Centre d’Etudes de Chanteloube, Dordogne. On his return to the USA in early September, Rinpoche gave teachings in Wyoming, and then travelled to Canada where he guided meditation retreats and gave teachings and empowerments in Toronto, Vancouver, and Salt Springs Island. Towards the end of the month, Rinpoche gave teachings and guided meditation retreats in San Francisco at RY Gomde Leggett and other centres and also taught in Atlanta and in New Orleans, Louisiana. Rinpoche also gave several teachings to young students at colleges and universities in these different states, such as Emory University in Atlanta and Stanford University in California.

At the beginning of October, Rinpoche flew down to Mexico where he stayed for ten days and visited several places to give public talks, teachings on *Clarifying the Path*, and also conduct the Mahamudra retreat. During the second half of the month, Rinpoche travelled to Khandro Ling, H.E. Chagdud Tulku Rinpoche’s monastery in Brazil, where he held a Mahamudra retreat. At the beginning of November, the last full month of the teaching tour, Rinpoche held a meditation retreat in Israel, and travelled to the RY Gomde retreat land in Scotland and to Poland, where he bestowed empowerments and gave teachings.

Finally in December, after almost six months of travelling and teaching, Rinpoche flew to Denmark where he gave four days of teachings before returning to Kathmandu.

VAJRA BODY : ZANGDOK PALRI CONSTRUCTION PROJECT

Zangdok Palri, the Glorious Copper-Coloured Mountain, is the pure land of Guru Rinpoche, the great tantric master (the 'second Buddha' who was prophesied by Buddha Shakyamuni) who brought Vajrayana Buddhism to Tibet. It is a place of wisdom, power and blessings, visible in this life only to those of high realisation.

Guru Rinpoche himself predicted that during this age of the five degenerations, there will be imbalance in the elements (wind, water, fire, earth and space). Because of this, there will be various types of natural disasters, diseases and epidemics which will create pain and suffering for the people of this age. Guru Rinpoche himself recommended the construction of Zangdok Palri as one of the most profound ways to help counteract these terrible calamities. Therefore, such a construction is tremendously meritorious, as it creates perfect virtue and has vast benefits.

For the inconceivable and immeasurable benefit for sentient beings, Buddhadharma, and especially peace, prosperity, and happiness in these difficult times, we are building a Zangdok Palri Shrine as a replica of Guru Padmasambhava's pure land next to our branch monastery, officially known as Pal Do-Ngak Nyida Zungdrel Mindrol Norbuling Monastery in Vajravarahi, Lalitpur, Nepal.

It will be a four storied shrine building including ground floor offices on a square plot of land approximately 126'x126'. The first floor or Nirmanakaya Floor houses Guru Rinpoche; the second floor or Samboghakaya Floor houses Avalokiteshvara; and the third floor or Dharmakaya Floor houses Amitayus Buddha respectively. The ground floor will house a collection of rooms for use as central offices, multi-media library, storage, and utilities.

Summary of Previous Work

Construction of Zangdok Palri at Vajravarahi was officially mobilized at the beginning of September 2009. By the end of December 2009, the foundation was completed, the ground floor's earth was compacted and layered with flat brick, sand and stone soling to prepare for the ground floor's casting.

Summary of Work Completed in 2010

In the year 2010 we completed the following major civil works:

- The ground floor's concrete floor, columns, shear wall, and roof beam and slab were casted by mid-March.
- The first floor or the Guru Rinpoche level's peripheral concrete columns were

completed by fourth week of April followed by construction of the superstructure brick walls between said columns, and placement of wooden window frames by mid May.

- The stone retaining wall running along the east side of the property line was completed by end of May.
- In early June, Chokling Rinpoche decided to replace the raised lotus-shaped berm with a covered mandala walkway. By the end of June, the grid of the newly designed mandala walkway foundation footers' setback was measured and excavation commenced.
- By the end of November, the mandala's foundation was completed on all sides except the east face that still had a few more footers, foundation filler brick walls, foundation shear walls and tie beams to be completed.
- By the first of December, the mandala's staircases, roof beam and slab were already casted on the south and west sides.

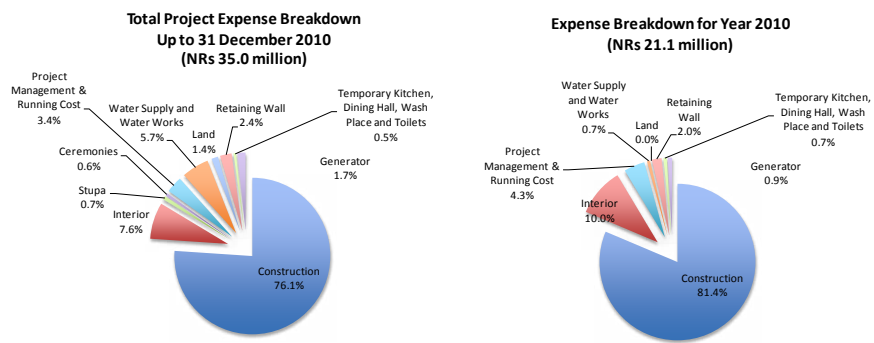
The following ancillary tasks were also completed for the benefit of the project.

- The old monk's classroom/dining hall and kitchen were carefully taken down so that almost all the material could be recycled and reused for the construction of the new classroom/dining hall, kitchen, and cook's living quarters. The remaining kitchen was eventually refurbished into additional living quarters for the new laborers. The old toilet, septic tank, and washing area were also demolished and replaced with a newly constructed toilet, washing area, potable water tank, and a combination septic tank and soak pit for sewage.
- The old carpentry shop, lumber, and finished window and door frames were relocated to the ground floor of the shrine.
- To make way for the mandala, the east entrance shear wall and the partially completed stone foundation for the circular shear wall were demolished and recycled.
- A full size mockup sample of the decorative moldings was fabricated to help us finalize the design of the moldings used in the windows, doors, and roof beams.
- Most importantly, two samples of the archway were built to gain insight into how the previous design could be improved architecturally and structurally.

Financials

From the start of the project in 2009 to the end of 2010, a total of Nepali Rupees 35.0 million (USD 500k) was spent on this project. Approximately three-quarters were spent on the construction, i.e. the materials (bricks, sand, cement and the like) as well as

labour for the actual construction work. The remainder of the expenses include advance payments on interior items. In the year 2010 itself, Nepali Rupees 21.1 million was spent on the project (USD 301k), with the breakdown given below.



Future Work

All structural civil work are scheduled to be completed by end of 2011. As the civil work for each floor is being completed, the plasterers will finish the exterior, interior, and ceiling plastering work. A separate crew will be fabricating, placing, and plastering in-place the intricate decorative elements above the window and door’s lintels, and ceiling beams, and the various decorative elements on exterior of the building walls and parapets. Concurrently, the electrician and plumber will be completing their ducting and wiring, the painter crew will apply the primer, interior and exterior paints for the finishing work, and the flooring will be laid down. Our plan is for the skilled artists to start painting the elaborate and extensive murals on the walls and ceilings in 2012.

We are also planning to build the following temporary facilities: (i) an administrative office where the site, project, and consulting engineers can use and meet; (ii) an art studio where artists can work in peace and quiet on our specially commissioned sacred arts; (iii) a workshop where artists and artisans can fabricate and work on the many decorative items needed for the interior and exterior.

Acknowledgements

We gratefully acknowledge the generosity of benefactors, donors, devotees, and friends from all over the world and especially Malaysia, Singapore, and Hongkong. We rejoice in your vast merit for having made this precious connection with Zangdok Palri.



Left : Overview of the site on 10 Feb 2010, with completed ground floor walls



Right : Overview of the site in March 2010, showing the completed ground floor



Left : Overview of the site on 15 July 2010, showing the windows and walls on the first floor



Right : The site on 30 November 2011, with the almost completed mandala walkway and staircase



Left : The retaining wall on the eastern front of Zangdok Palri, as in Feb 2010



Right : A mockup of the archway

VAJRA BODY : RIWOCHE CONSTRUCTION PROJECT



The construction works at Pal Kadgyu Shedrup Tashi Dhargay Phuntsok Ling Monastery, located in Tinchuli, near Boudhanath, was begun to spark the renewal and revival of the precious Taklung Kagyu lineage in Nepal. When Kyabgön Phakchok Rinpoche took over the monastery in 2003, the building was substantially incomplete and the monks' living conditions were poor. Since then, upgrading and improvement works have been ongoing.

Completed Works:

This year we have been able to complete a large amount of the construction works at the monastery:

- 1) Repairing and raising the boundary wall;
- 2) Finishing the furnishing of the new monks' quarters and classrooms;
- 3) Painting the exterior of the new monks' quarters and classrooms;
- 4) Painting the furniture for the Rinpoches' rooms and finishing the furnishing of the rooms;
- 5) Completing the roof above the staircase in the new monks' quarters;
- 6) Completing the kitchen, dining room, and store room in the new monks' quarters;
- 7) Paving the patio outside the new monks' quarters;
- 8) Furnishing the dining room;
- 9) Completing the sanitation and sewage works for the main monastery building; and
- 10) Installing solar hot water in the main monastery building.
- 11) Installing a biogas system for the monastery



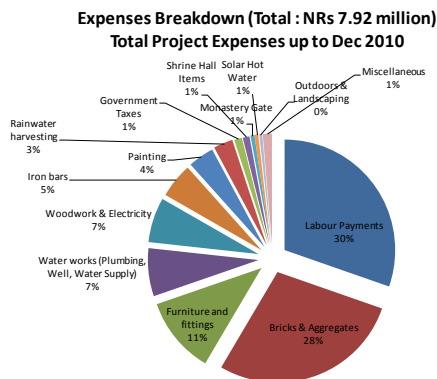
New monks' classroom



Newly painted and refurbished monks' quarters

Financials

Up to December 2010, we have spent a total of Nepali Rupees (NRs) 7.92 million on the construction of the monastery. The breakdown of the expenditure is given in the chart below. In 2010 alone, we spent a total of NRs 1.93 million, which was kindly donated by our various sponsors.



Upcoming Works:

The remaining upcoming works are:

- 1) Making additions and improvements to the drainage system to prevent the monsoon rainwater from damaging the boundary wall and main monastery building;
- 2) Installing a solar electricity backup system;
- 3) Landscaping;
- 4) Building the shrine in the uppermost shrine hall in the main monastery building;
- 5) Various small renovations in the main shrine hall.

We hope to be able to complete these by the middle of 2012.

Acknowledgement

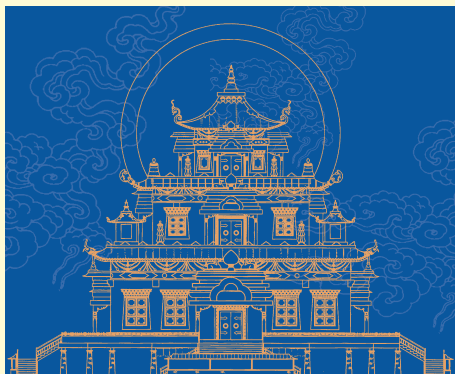
All of the works that we were able to complete in 2010 were made possible solely due to the kind donations of several students. We thank you for all of your generosity and constant support. These works have made a great difference to the monastery as a whole and in particular to the living and study environment of the young monks. They now have beautiful bedrooms to live and study in, a clean dining hall, and fully-equipped classrooms where they can continue their education and dharma practice and grow into their future role as true pillars of the buddhadharma.

HOW YOU CAN BE A PART OF OUR MISSION

Contribute to Zangdok Palri

Construction works are ongoing and funds are still needed especially for the extensive interior paintings, statues and decorations. Being a part of this project creates immeasurable merit ensuring a favourable rebirth to continue on one's Dharmic journey.

Donate at www.cglf.org/projects/body.html



Make our Mini-Monks life better



We are grooming our young monks to become the future authentic holders of the Dharma. Without the ordained sangha, the Dharma cannot be preserved. You can help by sponsoring a monk or donating much needed items like clothing, bedding, stationery, or even vitamins!

Sponsoring a monk only costs USD 40 monthly. Each sponsor will receive personal writeups on the young monk and will be able to communicate directly with him.

Visit at www.monkswelfarefund.org



Donate or Volunteer at our Clinic

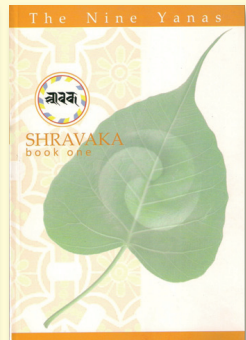
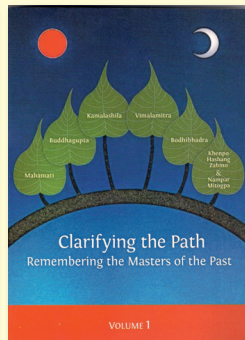
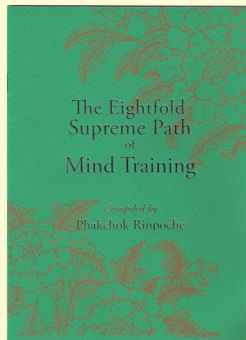
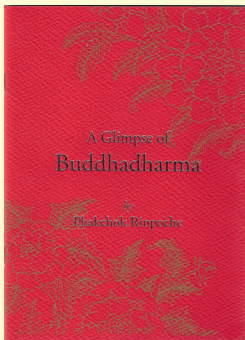
Our clinic at Vajravarahi has made available affordable healthcare to the poor and downtrodden in Kathmandu. However, we depend on donations from well-wishers to keep the clinic open, as well as volunteer practitioners of alternative medicine who also contribute towards the running cost of the clinic. You can sponsor a treatment for only USD 2.60.

Contact us at
vajravarahihealthcare@gmail.com



Preserve and Propagate Teachings

The translation and publication of dharma texts ensures the preservation of precious teachings and is therefore an act of infinite merit. We need your help to ensure that the steady pipeline of translations and publications we envision becomes a reality. Contact us at lhaseylotsawas@cglf.org for more information on how you can help.



VAJRA SPEECH : TRANSLATIONS AND PUBLICATIONS

Translations

Under H.E. Tsikey Chokling Rinpoche and Kyabgön Phakchok Rinpoche's guidance, a variety of different texts have been translated and made available to students over the past two years by the translation group Lhasey Lotsawas. These texts formed the basis for many of Kyabgön Phakchok Rinpoche's teachings around the world in 2009 and 2010.

Translation Titles:

The Shravakayana - A Collection of Teachings, 2009

The Pratyekabuddhayana - A Collection of Teachings, 2010

Clarifying the Path, Remembering the Masters of the Past (Volume One), 2010

The Amrita of the Essential Accomplishment, by Gelong Nga-wang Tashi Paldrub, 2010

The Sage who Dispels the Mind's Anguish, by Dilgo Khyentse Rinpoche, 2009

Upcoming Titles

The Bodhisattvayana - A Collection of Teachings, 2011

Clarifying the Path, Remembering the Masters of the Past (Volume Two), 2012

A Collection of the Buddha's Sutras

As well as other collections of the Buddha's sutras and teachings by great masters of the past, and practice and instruction manuals from the Chokling Tersar and Taklung Kagyu traditions.

Publications

Since 2009, Lhasey Lotsawas also compiled and printed several booklets of Kyabgön Phakchok Rinpoche's teachings.

Publication Titles:

A Glimpse of Buddhadharma, by Kyabgön Phakchok Rinpoche, 2009

A Glimpse of Mind Training, by Kyabgön Phakchok Rinpoche, 2009

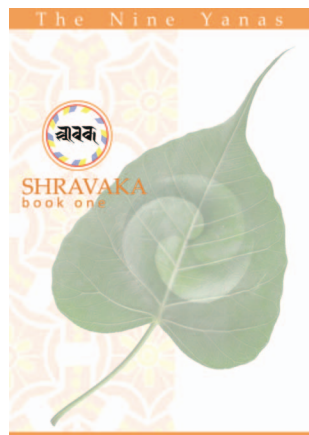
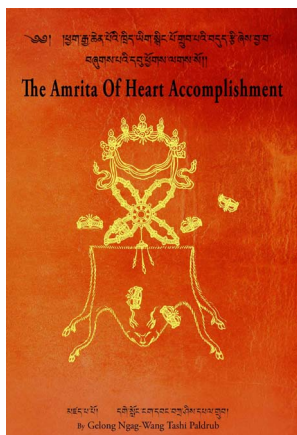
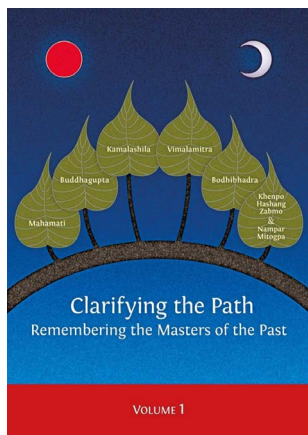
The Eightfold Supreme Path of Mind Training, compiled by Kyabgön Phakchok Rinpoche, 2009

Upcoming Titles:

The Roar of Truth, a collection of teachings compiled as a guidance manual by Kyabgön Phakchok Rinpoche, 2012

Teachings on Jamgön Kongtrul the Great's *Calling the Guru From Afar*, by Kyabgön Phakchok Rinpoche, 2012

The Key to Happiness, by Kyabgön Phakchok Rinpoche, 2012



About Lhasey Lotsawas

Lhasey Lotsawas is a small group of translators, who are based in Nepal and are working together with qualified dharma teachers and several experienced editors. The group was named after Lhasey Lotsa (Lotsa or Lotsawa meaning translator), also known as Yeshe Rolpa Tsal and Murub Tseypo. Lhasey Lotsa was the second son of the great Tibetan dharma king Trisong Deutsen, one of the twenty-five disciples of Guru Rinpoche, a great scholar, an accomplished master, and also a translator. In the 19th century, Lhasey Lotsa reincarnated as the great treasure revealer Chokgyur Lingpa, whose timely treasure teachings are now flourishing around the world. H.E. Tsikey Chokling Rinpoche is the 4th authentic incarnation of Chokgyur Lingpa. Therefore, because of this auspicious connection with the translator Lhasey Lotsa, the translation group was given the name Lhasey Lotsawas.

All of the texts Lhasey Lotsawas translate and publish are specifically chosen by the Rinpoches and form a basis for their teachings around the world. These texts range from the Buddha's sutras to texts by great Indian masters such as Vimalamitra and Nagarjuna, and instructions and practice texts from the Chokling Tersar and Taklung Kagyu traditions. The translations and publications are done on a volunteer-basis while printing is usually made possible due to the kindness of sponsors. Therefore, we would like to thank our 2010 sponsors who made printing *The Amrita of Essential Accomplishment* and all of the publication titles possible. All proceeds from book sales go directly back into CGLF's projects.

It is the Rinpoches' hope that by translating, publishing, and also teaching precious texts such as these we can help not only preserve the dharma of scripture, but also preserve and revive the true meaning of dharma—the dharma of realisation—and further its study and practice around the world.

VAJRA MIND : TRINLEY NYINGPO SADHANA RITUAL COURSE

From November 1st to 30th, we hosted our first Sadhana Ritual Course at Pal Kagyu Shedrup Tashi Dhargay Phuntsok Ling monastery (aka Riwoche monastery), Tinchuli, Kathmandu. The course focused on the Guru Rinpoche sadhana called *Trinley Nyingpo* (The Heart Essence of Enlightened Activity) from the *Lamey Tukdrub Barchey Kunsel* (the Guru's Heart Practice, Dispeller of All Obstacles) cycle of treasure teachings from the *Chokling Tersar* (the New Treasures of Chokgyur Lingpa). The aim of the course was to provide students with an opportunity to learn in detail about both the meaning and practical aspects of Vajrayana ritual practice. The teachings were given in Tibetan by Lama Tenpal Gyatso, one of Ka-Nying Shedrup Ling monastery's senior monks, and translated into English by Ani Laura Dainty. Classes were held for four hours a day, six days a week, and all of the participants also performed the practice together each day.

At the beginning of the course, H.E. Kyabje Tsikey Chokling Rinpoche kindly bestowed upon all participants the necessary empowerment and oral transmissions. Then for the first ten days of the course, Lama Tenpal gave a detailed explanation of development stage practice in general and the visualisation stages of the *Trinley Nyingpo* in particular. After that, he taught the students the different melodies and mudras, and how to make the offering tormas, play the vajra and bell and damaru, and how to perform the feast offering. Lama Tenpal also taught participants how to perform the smoke offering connected to this practice and to do the practice in its more extensive and concise forms. By the end of the course, everyone was able to do the practice confidently, and also act as the chant master and shrine master. Towards the end of course, the entire group went on pilgrimage to Asura cave, Pharping, which is one of Guru Rinpoche's holy sites, and made a feast offering there together with some of the monks living there on loose retreat. On the last day, we performed an elaborate feast offering with H.E. Tsikey Chokling Rinpoche at Ka-Nying Shedrup Ling Monastery, who was delighted to see how much everyone had learnt and gave the group some excellent advice for practice.

It was an invaluable learning experience for everyone, and we're pleased to announce that we will be holding a second Sadhana Ritual Course in October/November 2011.

From top to bottom : Lama Tenpal showing participants the garuda mudra; Lama Tenpal and Ani Laura during the class; Participants of the Ritual Course



VAJRA MIND : FOOTSTEPS OF THE BUDDHA PILGRIMAGE

As our first pilgrimage, it was apt that we chose to visit all the major sacred sites of our Unsurpassable Guide, the Buddha Shakyamuni. In total, sixty-two participants from fifteen countries joined H.E. Tsikey Chokling Rinpoche and Kyabgön Phakchok Rinpoche on this ten-day journey from 15th to 25th December 2010.

Our journey started off in Kathmandu, with participants gathering in the shrine hall of Ka-Nying Shedrub Ling Monastery on the eve of our departure for a short briefing before being whisked away to a welcome dinner with the Rinpoches. The next day started off promisingly, with all participants arriving at the domestic airport in Kathmandu for the thirty-minute flight to Lumbini, the birthplace of the Lord Buddha. Although our schedule were somewhat derailed by thick fog in both Kathmandu and Lumbini, participants took it all in their stride, and we held a group prayer session, chanting the liturgy to the Buddha composed by Mipham Rinpoche in front of the Mayadevi Temple. The next morning, participants witnessed the blessing of the land for the building of our new monastery in Lumbini. It was an unplanned but highly auspicious stop for our pilgrims.



All four Rinpoches at Lumbini

After crossing the border into India, we made our way to Sravasti, Kushinagar, Vaishali, Bodhgaya, Rajgir, Nalanda and Sarnath. At each site, the pilgrims chanted the liturgy to Buddha Shakyamuni, made many aspiration prayers with bountiful offerings of flowers, candles and incense. In Bodhgaya, the pilgrims met and received blessings of Karmapa Orgyen Trinley Dorje, as we arrived in the midst of the Kagyu Monlam. At Vulture's Peak in Rajgir, the site where Buddha taught the Great Vehicle's *Prajnaparamita Sutras*, all pilgrims took the bodhisattva vow from H.E. Tsikey Chokling Rinpoche.

Though the road journeys were sometimes long, it was an unforgettably blessed experience for most pilgrims, ranging from the wacky roadside toilets to the touching kindness shown by total strangers, leaving each pilgrim with a store of colourful memories!



Participants in our first ever pilgrimage at Vulture's Peak

VAJRA QUALITY : MONKS' WELFARE FUND

The two monasteries of Pal Do-ngak Nyida Zungdrel Mindrol Norbuling Monastery at Chapagaon and Pal Kagyud Shedrup Dhargay Tashi Phuntsok Ling Monastery, (aka Riwoche monastery) in Tinchuli have flourished in the last year. We currently house a total of seventy-five monks as at 31st December in both monasteries. Out of these seventy-five, twelve are senior and attendant monks.

Small monks have come and gone – but demand for places at the monasteries remains high; we are only constrained by the lack of bed-space at Chapagaon.

Education



Chapagaon Monks with their examination certificates

This was the second year of the five-year long study course for more senior young monks at Chapagaon. Lopön Lodrö Rabtsel spent the year leading the boys in philosophy, meditation and ritual arts studies. We welcomed a new English teacher and said farewell to Kelsang, education co-ordinator and Tibetan teacher who left us to get married. At Riwoche a full set of teachers has been recruited at last for the young monks, and they are studying maths, English, Tibetan and Nepali. All the boys are also meditating twice a day.

Buildings

A major element was the completion of the biogas system at Riwoche. As yet, there are too few residents to produce biogas. However the facility is an excellent solution to the sewage problem, as waste is now transformed into high-grade compost for use in the monastery, a highly ecological and cost-effective solution. At Chapagaon, the same problem was addressed by the construction of a new septic tank. Chapagaon also has use of the generator that was installed to aid the construction of the Zangdok Palri, providing light in each dormitory and in the shrine hall for pujas.

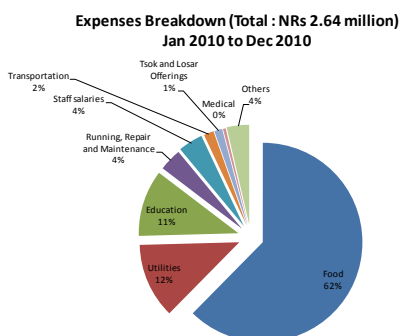
Health

Influenza once again hit a quarter of the boys at Chapagaon in the usual autumn epidemic. The proximity of a local typhoid epidemic raised serious concerns but was avoided in the monastery by good hygiene and diligence. Other health problems amounted to one

broken arm, a serious burn, the usual minor ailments, and suspected meningitis, which turned out fine. Vajra Varahi Healthcare Clinic continues to deliver primary health care to all the monks and saves considerable funds each year.

Health is also about staying well. Vitamins donated by the well-wishers from Ipoh, Malaysia made a huge difference to young monks, and we were delighted when mosquito nets for all of them were donated. They have brightened up the dormitories with a variety of colours, ensuring a good nights' sleep for all. Yoga classes began at Riwoche, led by one of Phakchok Rinpoche's American students while badminton and 'football' – with a loop of rubber bands – have become sports of choice at Chapagaon.

Financials



Total expenses for the year amounted to Nepali Rupees 2.64 million, approximately USD 37,700. Total cost per head per day rose 15% from USD 1.11 in 2009 to USD 1.28 in 2010 due to a combination of inflation and the weakening US Dollar. Food prices have doubled again this year along with price rises in petrol and diesel. Out of the total cost, nearly 70% was covered by donations from the Malaysian sangha who have been our staunchest supporters all this while despite the trying economic times over the past two years.

Our very grateful thanks go to all of those supporting the monks by donating to the Monks' Welfare Fund and giving gifts in kind ranging from medicines, vitamins and food to clothes and stationery supplies.

To meet the increasing need for financial contributions to the small monks, we have initiated sponsorship of individual monks. Their pictures and personal stories appear in a 'biography book' published this year for the first time, and sponsors will receive personal information on health and welfare each year. The monks 'blog' started in 2010 giving an informal and intimate look into the lives of the small monks at Riwoche and Chapagaon. You can read more and contact the monks welfare group through the website www.monkswelfarefund.org.



VAJRA ACTIVITY : VAJRA VARAHI HEALTHCARE CLINIC

2010 saw the unique combination of medical provision that Vajra Varahi Healthcare Clinic (VVH) aims to provide in full swing. Our fundamental aim is to treat a patient holistically to return them to wellbeing, and empower and educate patients so that they can come to understand and take care of their own health. Practitioners discuss diet and exercise, the cause and effects of ill health and take time to explain diagnoses and care plans; in short, all the things most of us take for granted but which is often lacking in local hospitals. Overseas volunteers work with interpreters trained to international standards enabling them to talk to patients just as if both were speaking their own language. This effortless communication is a cornerstone of our provision and is one of the things that makes our work in Nepal with non-Nepali practitioners unique.

Healthcare Delivery

We started and ended the year with packed consulting rooms of acupuncture and Traditional Chinese Medicine (TCM) patients being treated by volunteers from our founding partners the Acupuncture Relief Project (ARP). Based in Portland in the USA, ARP contributes the bulk of our TCM volunteers (fifteen this year), providing six months of care, training our local staff as acupuncture practitioners, and contributing to clinic infrastructure costs. Their two new ventures - offering supervised clinic hours to student practitioners and delivering accredited continuing professional development points for practitioners - got underway this year. We also hosted eight other volunteers from Australia, Canada, Mexico, Europe and America (the latter through Mindful Medicine Worldwide), who delivered acupuncture, massage, sacro-cranial therapy and Ayurvedic cooking!



Tibetan and homoeopathic medical care continues, delivered by local paid practitioners Dr Sushil and Dr Namgyal, with patient numbers increasing steadily. In the Autumn we were joined by Dr Kumar, an Ayurvedic practitioner, with Kyabgön Phakchok Rinpoche very kindly donating the basic Ayurvedic pharmacy.

Outreach Clinics

Providing accessible healthcare for patients is our mission - but getting doctors to a clinic far away from our base in Chapagaon can be a problem! As partners Saathi Samuha (SS) moved their premises to the other side of Kathmandu, we shifted from providing acupuncture to their clients to training SS staff to deliver treatment themselves. Thus by sharing skills and making a sustainable future, we met the other key element of our mission, sustainability!

Care of the nuns of Nagi Gompa was passed in the spring to a group based in Boudhanath, only an hours' drive away. Meanwhile we continued our clinic in Godawari. Its success led other villagers nearby to open up a redundant school and we have started another session in the area, which we now visit two days a week. Another invitation has taken us to the village of Sipadol, near Bahktapur, once a week.

Once again we helped organise the annual five-day international dental and medical camp held this year in two villages in the Langtang region. Three clinic staff joined two other volunteers and three monks from Chapagaon and the Ka-Nying Shedrub Ling Monastery in Boudhanath to make up the interpreting team.

Recruitment and Training

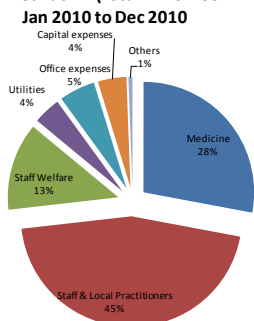
This year we said farewell to three staff and recruited four new interpreters, two of whom have also begun studying acupuncture. They were trained in interpreting skills, as were two other young interpreters and three monks who volunteered for the dental camp. Our senior interpreters took over clinic management, and one passed his motorbike test – enabling us to get to our outreach clinics much faster and more cheaply!

Two clinic staff and eight volunteers from SS learnt the '5NP' protocol for stress relief and tackling the effects of substance abuse. Three staff successfully completed a six-week course in therapeutic massage, both courses planned and delivered by volunteer practitioners.

Participants in each course had to pass comprehensive examinations before being allowed to work unsupervised on patients. They now have the skill to deal with neck, shoulder, arm and back pain and stress related problems. One patient had been unable to move his head for three months, despite frequent examinations by the hospital and the use of medication. Two massages later he could look over each shoulder!

Finances

Expenses Breakdown (Total : NRs 1.35 million)



Costs have increased 15% year-on-year to Nepali Rupees 1.35 million or close to USD 20,000. This increase was due to the full-year effect of the introduction of Ayurvedic and Tibetan medical treatment, as well as the full-year cost of interpreters. The increase was partially offset by cost savings measures and one-off capital expenses in 2009. At this current level, it costs USD 1600 a month to keep the clinic open.

The majority of our volunteers pay the full

costs of their stay at VVH and we make some money from other ‘sales’ such as patients fees from those who can afford to pay, which all adds up to 44% of our income. Nevertheless VVH was still dependant on donations for 56% of our income last year.

We are looking for viable business ideas that will subsidise our work, and with two successful years behind us we can apply for grant aid. Until we are successful in these efforts we must rely on donations made by well-wishers and students of the Rinpoches.



This year we were delighted and grateful to receive donations of Ayurvedic, Chinese, Tibetan and Western medicines, acupuncture needles, medical equipment, new reading glasses and used pre-prescription spectacles, a solar panel and two batteries, a power-point projector, two seats for our dining room, and a massage table from sponsors and ten footstools from a patient! A new sponsor from the UK organisation, ‘CHANCE’ has made an ongoing monthly commitment to help with Tibetan medicine and teaching materials for training staff as practitioners.

We also played host for a week to a group from Upper Canada College in Toronto, Canada. Five boys and two teachers helped with practical tasks, statistical analysis, delivering acupuncture treatments and collecting patient stories. They left us a laptop, vitamins, books, new skills and some wonderful pictures and memories!

We would like to thank all our donors and volunteers for your support that is having such an impact on the lives of people here in Nepal. Your continued involvement makes a huge difference to the quality of life of our patients now, and our training programme will continue to make a difference well into the future.

In 2010....	
New Patients	1460
Total Number of Treatments	7368
Acupuncture	5423
Tibetan	1071
Homoeopathy	458
Ayurveda	43
Massage	438
Total booked appointments	8230
Average cost / treatment	USD 2.6
International volunteers	23
Clinic Staff	4 full time, 4 part time
Doctors	3

VAJRA ACTIVITY : DENTAL AND MEDICAL CAMP 2010

Planning for the 2010 Dental and Medical Camp began in July with the Singaporean and Nepali organizing teams trying to figure out dates that would work for both sides. After the dates in October were set, the Singapore teams gathered seven dentists, one dental technician, three doctors, one nurse and a spare set of hands to help with accounting and photography, while the Nepali teams selected a location in need of free dental and medical treatment and recruited local volunteers – twenty people to support the dental/medical team by interpreting, registering patients, controlling the crowds, sterilizing equipment, holding heads and calming patients.

After consulting H.E. Tsikey Chokling Rinpoche and Kyabgön Phakchok Rinpoche we decided on Tambuchet in Chimile, in the Rasuwa district of the popular trekking region of Langtang. A lot of the monks from our Chapagaon Monastery come from this area and we knew there was a lot of need for free treatment in the area which lacks basic health services.



The Reconnaissance Trip

The reconnaissance trip was a mission and a half in itself as the road to the village is windy and bumpy and filled with landslides. Due to the long monsoon this year, this initial reconnaissance trip was postponed until mid September. Even so, there was still a large landslide, which made the road impassable by buses or jeeps, just before Dunche village, the home of the District Development Committee.

The two people on the reconnaissance trip (including one monk from the village) were on a motor bike with which they managed to get past the landslide but only with help from local porters pulling, pushing and lifting the bike on the foot path through the mud and debris covering the road. At Thambuchet village they set about their work with some villagers to prepare for the camp, locating a suitable site, and lodging for the practitioners and volunteers. The monk from the village as well as a local villager were also given the

crucial task of getting word out to all the surrounding villages about the health camp.

The Camp

On Saturday October 19th, the Singapore team arrived in Kathmandu with twelve cases of precious equipment and medicines. Sunday was spent checking and combining supplies with those purchased in Nepal and registering at the Nepal Medical Council, with a few hours for shopping and sightseeing! At 6.30 am the next day we started the long journey to Thambuchet on the same winding road but thankfully now free of obstruction. After a warm bowl of noodle soup, everyone went to bed to get ready for the next day.



On Tuesday, after an early wake up and some tea, everyone helped to set up the camp, had a quick breakfast and was ready to work. That first day there weren't very many patients and it was slow going. As the day went on things picked up, and the team treated over seventy medical and fifty dental patients. However on the second day, although there was a steady flow of patients, there wasn't the demand of previous years.

This prompted the team to decide to shift camp to the next village, Sybru Besi, about an hours' drive from Thambuchet. Two people went ahead to prepare the new location, arrange lodging and spread the word to villagers about the new site while the rest of the team continued to treat the last patients at Thambuchet, making a total of nearly three hundred patients over the two days.

The next morning we loaded all the equipment and volunteers onto the local bus, went over the pass to Sybru Besi, set up the new camp and were ready to work after lunch. On this first afternoon in Sybru Besi there were as many patients as during the whole previous day at Thambuchet making the move worthwhile. Over the next two days the camp team managed to treat over six hundred patients, making an overall total of nine hundred and fifty seven treatments during the camp.

On Saturday October 23rd, the last evening of the camp, the Singapore team arranged a dinner at a trekking lodge to thank the local volunteers for their help. After the Singapore team's "thank you", the local volunteers offered the Singapore team kathas (silk scarves) and a small gift. The next morning the team loaded the bus and all the local volunteers, as well as half the Singapore team, set off back to Kathmandu (while the other half headed for a trek into the Langtang reserve). Those that returned to Kathmandu arrived home in time to celebrate the last two days of the Nepali Dashain Festival or to catch a 'plane home, ready to be back in surgery first thing Tuesday morning....!

Our very grateful thanks to everyone - doctors, dentists, volunteers, organizers, fundraisers, friends and well-wishers - who helped make this years camp a success.

VAJRA ACTIVITY : EDUCATION SCHOLARSHIPS

In June this year, CGLF was given the opportunity to help facilitate the admission of six Nepalese and two Bhutanese students to study for their undergraduate degrees on a full scholarship at Albukhary International University (AIU) in Malaysia. All of these students are from underprivileged backgrounds, yet very promising students who all share the wish to return to their country after finishing their studies to help their communities.



Students from Nepal studying at AIU



Some of the students from Nepal in traditional costume on Cultural Night at AIU

"We feel very blessed to come to this university because the staff here are very nice and all the lecturers are very nice and very friendly. I just love the classes. The accomodation is very nice. I love it here because we have to participate in public service programmes as part of the scholarship programme. I am already engaged in certain activities at the university: I am a part of the Student Independent Electoral Committee and also in the peer buddy programme.... Also, we finished our midterm assessment and I scored 88% whereas Ayush he scored 92% topping our class with another boy from Malaysia. We will definitely study hard and won't let you down."

- Karma Dolma Gurung, one of the Nepali students at AIU

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