



CHOKGYUR LINGPA
FOUNDATION

2012 Annual Report





SCHARNSTEIN, AUSTRIA



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2012 Co-ordinators

Overall	Samten O’Sullivan
Financial	Gem Gan
Instructors’ Training	Tulku Mingma
Translations and Publications	Laura Dainty
Global Sangha	Paul Sharp, Raphael O’Sullivan, Sherab Phuntsok
Acts of Kindness	Nicky Glegg, Patricia O’Sullivan
Social Business	Samten O’Sullivan (interim)
Monastic	Löpön Sherab Gyatso



CHOKGYUR LINGPA FOUNDATION

Our Vision

To nurture the rich, innate potential of human beings by unveiling their natural heart of wisdom and compassion and empowering them with true dignity.

Our Mission

Preservation of the Precious Buddha

Promulgation of the Precious Dharma

Proliferation of the Precious Sangha



The Chokgyur Lingpa Foundation was founded in 2006
by Kyabje Tsikey Chokling Rinpoche together with Kyabgön Phakchok Rinpoche;
the Foundation is now represented in Nepal, USA, Germany and Hong Kong.

We are motivated by Kyabje Tsikey Chokling and Kyabgön Phakchok Rinpoches' vision of a compassionate society guided by wisdom and dignity, and inspired by Kyabje Chokyi Nyima and Kyabje Tulku Urgyen Yangsi Rinpoches' unsurpassable kindness and insight. Operating mainly out of Nepal, we are committed to responding to humanitarian needs locally and serving spiritual needs globally. We collaborate with communities in the South Asian region to implement flexible and creative solutions, ensuring access to proper healthcare, education, and genuine Buddhist teachings, in order to eradicate suffering precisely at its source.



A message from our Rinpoches



With the continuous support of our donors, volunteers, and staff, our Foundation has brought the touch of wisdom, compassion and dignity to many lives. Our philosophy is simple :

- Minimum cost, maximum results
- Care for others, but also teach them how to care for themselves
- Do what fulfills others' needs, not our own

2012 has been a year of transformation for Chokgyur Lingpa Foundation and our beneficiaries. Our organizational mandala is now established and growing, as more and more people are inspired to contribute to our projects. People are often amazed at the compact size of our team, and how much we have been able to achieve with the modest resources that we have.

Our office in Kathmandu is now staffed by four full-time volunteers, one full-time staffperson, and four part-time volunteers. The Foundation supports more than ninety young monks in

Riwoche and Chapagaon, where they are being trained as your Dharma teachers of the future. We have sent more than twenty young students to receive their tertiary education in Albukhary International University in Malaysia.

Our healthcare initiatives have treated around 10,000 patients through our outreach health camps, and offer more than 10,000 treatments each year at our clinic in Chapagaon. Ten students are being trained as Tibetan medical doctors, two are being trained as fully qualified acupuncturists, and one as a therapeutic masseur. Our translations and publications team can now translate from Tibetan into twelve languages. The Zangdok Palri shrine, the first in Nepal, and the monastery in Lumbini, which will be able to host thousands, will soon be completed.

All these achievements are the combination of pure motivation, inspiration, dedication and tremendous efforts put in by our staff, our selfless volunteers, and family of generous donors worldwide. We would like to express our deepest gratitude to all those who have contributed to our success

over these past years. Over the past eighteen months, we have experienced a gradual but steady surge in terms of our human, physical and financial resources and needs. The time is ripe for us to merge the treasure of our past experience, unite and optimize our current global resources, and scale up our activities to fulfill humanitarian and dharma needs worldwide.

We welcome you to contribute to our work as a volunteer or donor, or simply to rejoice and make aspirations to support our efforts. The child in Nubri who got to see a dentist for the first time, the Chapagaon villager who can now walk without pain, the young monk who holds the torch of Dharma for future generations, the young refugee from Tibet who can aspire to heal patients, the Himalayan youth who can now aspire to lift his family out of poverty – we thank you for making their lives better!

With great compassion,

*Kyabje Tsikey Chokling Rinpoche
and Kyabgön Phakchok Rinpoche*

KATHMANDU, NEPAL



Participants at the Annual Seminar in
Ka-Nying Shedrub Ling Monastery, Boudhanath



SINGAPORE



Kyabje Chokling Rinpoche performing the fire puja
at Ngee Ann Cultural Centre, Singapore.

Mandala

Our affiliated monasteries, meditation places, dharma centres and dharma groups

AMERICAS

Rangjung Yeshe Gomde, California, USA
Rangjung Yeshe Gomde Cooperstown, New York, USA
Mangala Shri Mexico
Riwoche Tibetan Buddhist Temple, Toronto
Mangala Shri Vancouver

EUROPE

Rangjung Yeshe Gomde, Germany-Austria
Rangjung Yeshe Gomde, Denmark
Rangjung Yeshe Gomde, France
Mangala Shri Poland
Rangjung Yeshe Gomde, Russia
Rangjung Yeshe Gomde, Scotland
Rangjung Yeshe Gomde, United Kingdom

ASIA

NEPAL

Ka-Nying Shedrub Ling Monastery, Kathmandu
Nagi Gompa Abbey, Shivapuri, Kathmandu
Tubten Osel Ling Monastery, Shivapuri, Kathmandu
Pal Do-Ngak Nyida Zungdrel Mindrol Norbuling Monastery (aka Chapagaon Monastery), Kathmandu
Pal Kagyud Shedrup Tashi Dhargay Phuntsok Ling Monastery (aka Riwoche Monastery), Kathmandu
Guru Drubney Pema Osel Ling Monastery (Asura Cave Retreat Centre), Pharping, Kathmandu
Pal Thubten Shedrub Ling Monastery, Lumbini
Mahakaruna Buddha Mandir Hermitage, Hetauda

ISRAEL

Rangjung Yeshe Gomde, Israel

MALAYSIA

Persatuan Penganut Dewa Taklung Mangala Shri, Batu Pahat, Johor
Ka-Nying Ling Dharma Society, Kuala Lumpur
Rangjung Yeshe Kedah, Kulim, Kedah
Rangjung Yeshe Melaka, Klebang Besar, Melaka.
Persatuan Penganut Dharma Oddiyana Negeri Sembilan Kuala Pilah, Negeri Sembilan
Pertubuhan Rangjung Yeshe Pulau Pinang, Penang
Persatuan Dharma Rangjung Yeshe Perak, Ipoh, Perak
Persatuan Dharma Rangjung Yeshe Selangor, Subang Jaya, Selangor
Persatuan Penganut Agama Buddha Rangjung Yeshe Johor Bahru, Johor

SINGAPORE

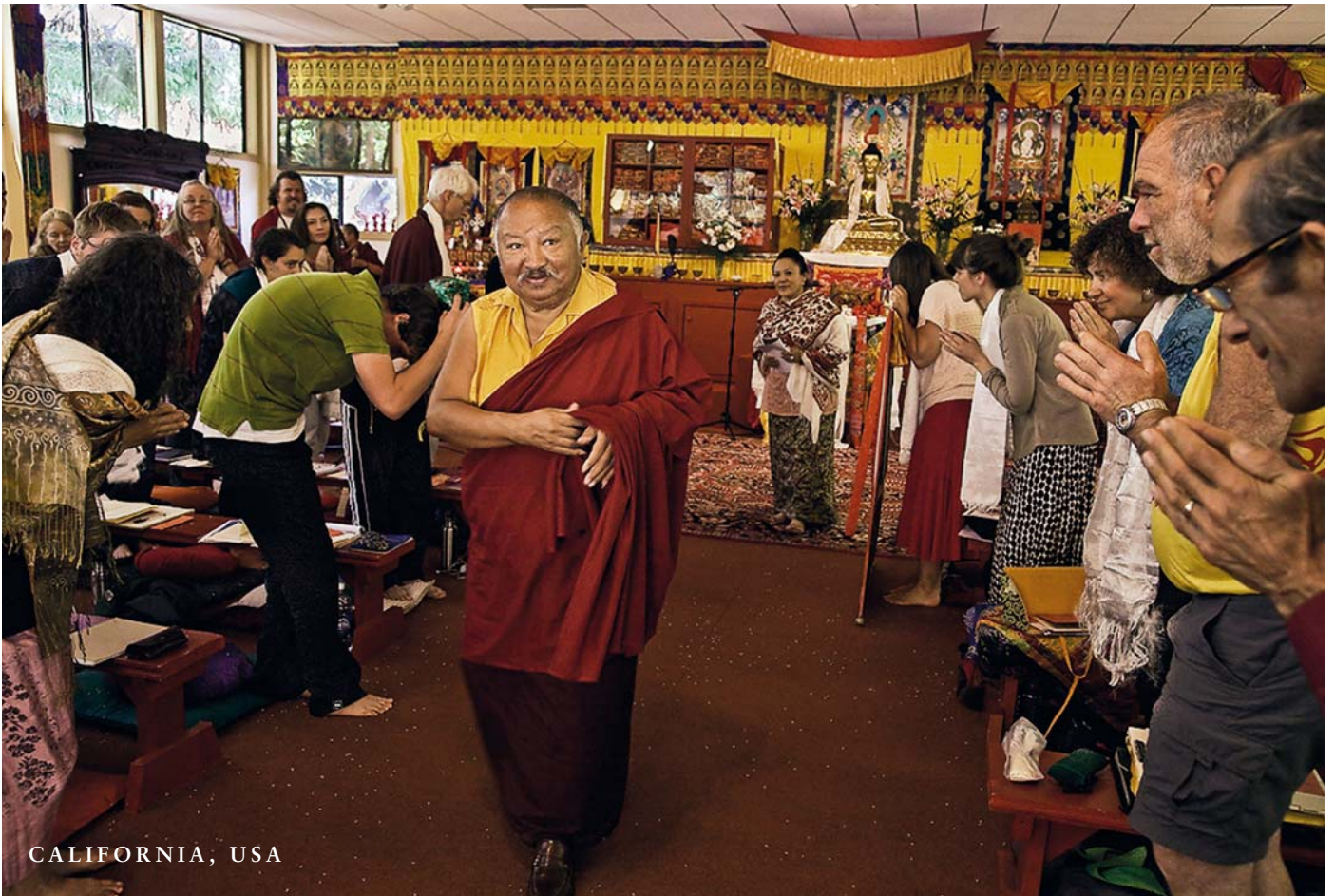
Rangjung Yeshe Oddiyana, Singapore

THAILAND

Mangala Shri Thailand



TRÊS COROAS
RIO GRANDE DO SUL, BRAZIL



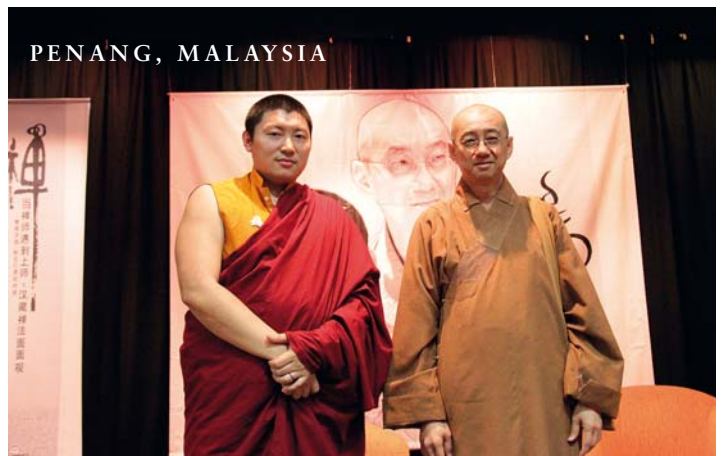
CALIFORNIA, USA



SINGAPORE



TORONTO, CANADA



PENANG, MALAYSIA

Zangdok Palri



Zangdok Palri, the Glorious Copper-Coloured Mountain, is the pure land of Guru Rinpoche, the ‘second Buddha’ and the great tantric master who spread Buddhism to Tibet. The outer Zangdok Palri is a majestic place, full of wisdom, power and blessings, where one can be reborn with favourable qualities to progress swiftly on the path to enlightenment.

In accordance with Chokling Rinpoche’s own prophetic dream and the heart advice of his root guru, Kyabje Dilgo Khyentse Rinpoche, Chokling Rinpoche is now building an outer representation of Zangdok Palri in Vajravarahi, Kathmandu, Nepal. As Zangdok Palri is the focal point of Guru Rinpoche’s realisation, this representation will increase the peace and happiness of the world, the long lives and activities of all the great Tibetan Buddhist masters, and ensure the flourishing of the precious teachings of the Buddha. It is a supreme place of liberation through seeing, and accumulation of merit through offerings.

The outer framework of this four-storied building has been completed, and work is progressing on the walls and plastering. Thangka painters have already begun painting the murals that will decorate the inner sanctum of Zangdok Palri.

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



Clockwise from opposite page: South-east corner view of the Zangdok Palri shrine; Wall murals for Zangdok Palri being painted on canvas, to be later mounted onto the walls; A local thangka painter taking immense care in painting the decorative murals for the upper walls; Front view of the shrine on 31 Dec 2012; Front view of the shrine on 1 Jan 2012; Artist blueprint of the completed shrine; Thangka painter completing the upper wall and beam murals; Decorative carvings to be mounted on the walls of Zangdok Palri.

HONG KONG



Participants at the end of the third session of
impromptu Mahamudra Meditation teachings
by Phakchok Rinpoche in Hong Kong University.



Monastic Education Fund



Above: Monks from Chapagaon Monastery, during their annual picnic at the national park in Godawari, Kathmandu.

Right: Riwoche Monastery, Boudhanath.





Top left: Chapagaon Monastery, Lalitpur.

Above: Our aspiring Dharma teachers in Chapagaon Monastery

Left: Our young monks in Riwoche Monastery, taking advantage of the sun for an impromptu outdoor lesson.

The ordained sangha provides the solid foundation needed for the preservation and propagation of the Buddhadharma. As our Lord Buddha taught, without the sangha the Buddhadharma cannot survive. Through this project, we aim to provide the environment and support system for the sangha to flourish and become authentic Dharma teachers and practitioners upholding the Buddhadharma for future generations.

A single Dharma teacher benefits thousands through his teaching, and therefore the merit in supporting and nurturing our Dharma-teachers-to-be is immense. In doing so, one is not only helping beings in this current time, but also in the future generations to come. The Foundation currently supports over ninety monks in two monasteries; Pal Do-Ngak Nyida Mindrol Norbuling Monastery located in Chapagaon, Lalitpur, on the outskirt

of the Kathmandu Valley and Pal Kadgyu Shedrup Tashi Phunstsok Ling Monastery (Riwoche) in Boudhanath, Kathmandu.

In these monasteries, the monks maintain a balance of ritual practice, study and meditation. Daily ritual practice involves morning and evening prayers, as well as special day-long feast offerings on the tenth and twenty-fifth days of each Tibetan month. In January 2012, the monks from both monasteries came together to hold the first ever Ratna Lingpa Phurba (Vajrakilaya) Drubchok puja at Riwoche monastery, which will be expanded into an annual Drubchen (great accomplishment) puja in years to come.

The monks currently study five years in the elementary level and five years in the intermediate level. Their curriculum is uniquely non-sectarian, as they study texts from all four major Tibetan

schools. In addition, the Rinpoches encourage the monks to learn about the Buddhist vehicles of the Theravada and Mahayana as well.

Monks at the intermediate level are required to meditate one hour every evening in the main shrine hall, a distinctive element in their training. This steady meditation practice has already borne fruit in their peaceful conduct and composed behaviour.

GOING FORWARD

- Build new accommodation and study facilities at Chapagaon and Riwoche Monasteries to accommodate 250 monks
- Start holiday programs for the monks involving other languages and vocational skills

MELBOURNE
AUSTRALIA



STANFORD
CALIFORNIA
USA



ROQUEREDONDE
FRANCE



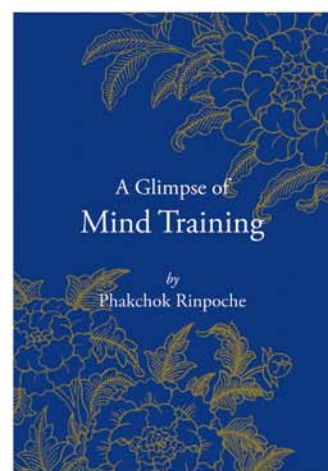
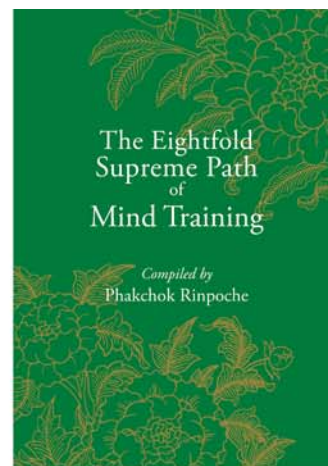
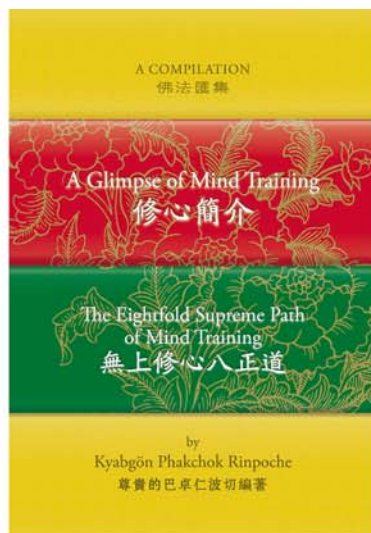
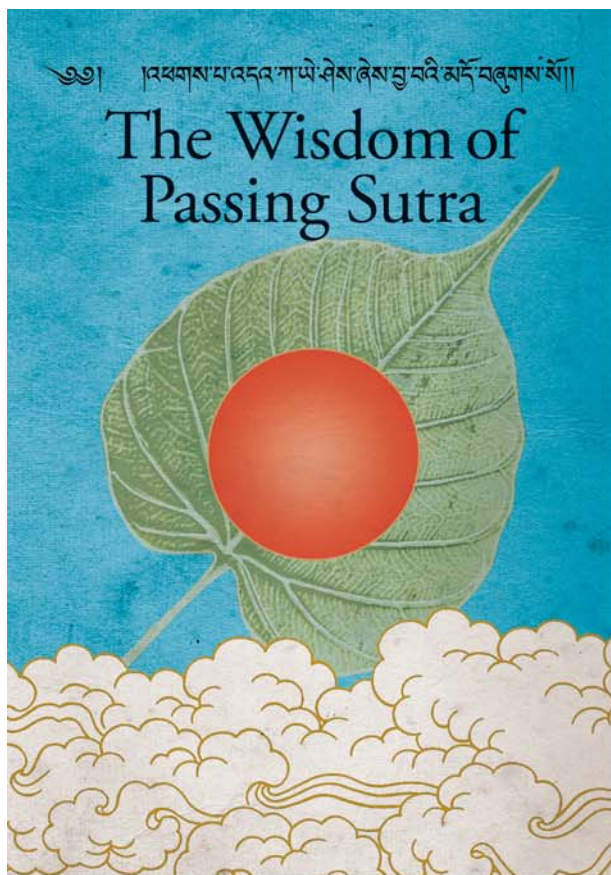
MEXICO CITY, MEXICO



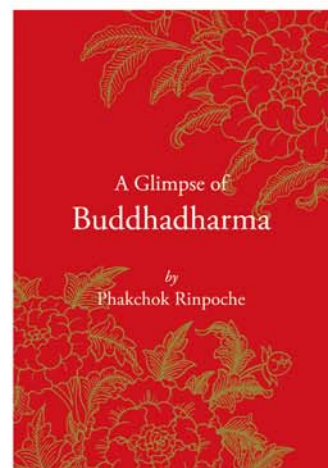
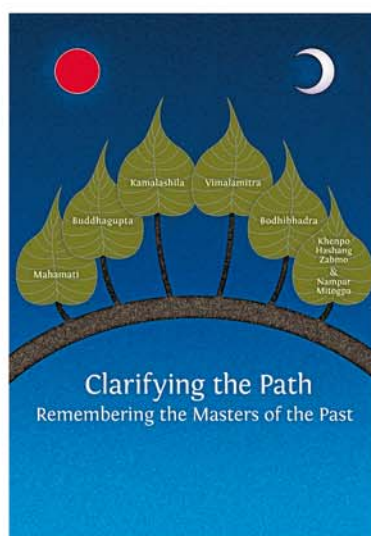
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Lhasey Lotsawa Translations and Publications



A snapshot of some of the publications from Lhasey Lotsawa Translations and Publications.



Translation and publication projects in 2012 centered around Kyabgön Phakchok Rinpoche's teaching tour in Asia, Europe and the Americas. We published, both in hard copy and in ebook formats, *Keys to Happiness and a Meaningful Life*, a short booklet based on public talks given by Phakchok Rinpoche in several countries in 2010 and 2011. This formed the focus of many of Rinpoche's public talks in 2012. It was translated into Portuguese by the sangha at Khandro Ling, Brazil, where it has been a great success with the general public, and into Spanish, Chinese and Polish as well.

Other texts newly translated in 2012 included *A Song of Yearning to Longchenpa* by Khenpo Ngakchung, *Supplication to Chokgyur Lingpa*, and the *Sky Teaching Supplication* as well several previously untranslated Chokling Tersar and Taklung Kagyu sadhanas for students' personal practice. Several of these supplications and practices were also translated into Chinese, Spanish, and Polish.

We published *The Wisdom of Passing Sutra* booklet, which contained translations of this short, pithy sutra in eleven different languages.

Editors worked on editing the first three compilations in the Nine Yanas series and *Clarifying the Path, Volume I*, all of which we hope to release as second editions in 2013 and 2014.

GOING FORWARD

- *Outer Tantras – A Collection of Teachings*
- Revised editions of *The Shrivakayana*, *The Pratyekabuddhayana* and *The Bodhisattvayana*
- Revised edition of *Clarifying The Path, Volume I*
- *Clarifying The Path, Volume II*
- *Advice from Chokgyur Lingpa*
- *History of the Taklung Kagyu Lineage*
- Various Chokling Tersar and Taklung Kagyu sadhanas and practice texts

TEXTS TRANSLATED AND PUBLISHED IN 2012

- *Keys to Happiness and a Meaningful Life* by Phakchok Rinpoche
- *Wisdom of Passing Sutra*
- *A Song of Yearning to Longchenpa* by Khenpo Ngakchung
- *The Amrita of the Essential Accomplishment* by Gelong Ngawang Tashi Paldrub (in Chinese)
- *Three Gateways to Liberation*, compiled by Phakchok Rinpoche
- *Supplication to Chokgyur Lingpa*
- *Sky Teaching Supplication*; and
- *The Practice of the Single Form Vajrasattva* from the cycle of Sangtik Nyingpo (in Chinese)
- *The Daily Practice of Padmasambhava*, arranged by Kyabgön Phakchok Rinpoche
- *Calling the Gurus from Afar* by Jamgön Kongtrul Rinpoche the Great (in English and Chinese)
- *The Essence of Benefit and Happiness – A Method of Life Release* (in English and Chinese)
- *The Extremely Simple and Easy Method to Perform White and Red Smoke Offerings* (in English and Chinese)
- *Preta Water Offering* (in English and Chinese)
- *Reciting the Names of the Buddhas*
- Several previously untranslated Chokling Tersar and Taklung Kagyu sadhanas for students' personal practice

TEXTS TRANSLATED AND PUBLISHED BEFORE 2012

- *The Shrivakayana – A Collection of Teachings*, 2009
- *The Sage who Dispels the Mind's Anguish*, by Kyabje Dilgo Khyentse Rinpoche, 2009
- *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
- *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 Ngawang Tashi Paldrub, 2010
- *Luminous Bindu – Guru Yoga for the Eighty-four Mahasiddhas*, 2010
- *The Bodhisattvayana – A Collection of Teachings*, 2011
- *A Compilation of A Glimpse of Mind Training and The Eightfold Supreme Path of Mind Training* (in Chinese) by Kyabgön Phakchok Rinpoche, 2011
- Several previously untranslated Chokling Tersar and Taklung Kagyu sadhanas for students' personal practice

WARSAW, POLAND



Phakchok Rinpoche, being introduced by
Iwona Wencel, during the breakfast discussion,
"The Buddhist Way To Business Success"



Acts of Kindness



We believe that good health is a fundamental human right. Thus, we support healthcare projects that provide immediate relief to the sick, as well as those that provide healthcare awareness and training so that the individual communities can eventually be self-sustainable. We believe that health is not just about being free from illness, but also enabling communities to live in healthier surroundings.



Top: Acupuncture Relief Project volunteer, Stephanie, examining a patient at her home in Chapagaon.

Above: Dr. Simon Johnson examines a patient's eyesight during his winter ophthalmology clinic.

VAJRABARAHU HEALTHCARE CLINIC

The year 2012 saw increased activity for the projects of Vajrabarahi Healthcare which currently cover direct patient care, training, and dental / medical camps to remote areas.

We added physiotherapy and sacro-cranial therapy treatments to the Chinese, Tibetan, Ayurvedic, and Homoeopathic treatments and ophthalmology delivered to patients from our full-time clinic in Chapagaon, as well as part-time clinics in Champi, Godawari, Bakhtapur and Sipadol. In addition, we were delighted to welcome Dr Urgian Kalzang and the Foundation's Tibetan medical students to see patients one day a week in Chapagaon. We also continued to care for our young monks in Chapagaon and Riwoche monasteries.

Twenty five international volunteers joined our four full-time and six part-time staff at our clinics this year. Besides treating patients they shared with staff simple exercise treatments for patients in pain, massage therapies and added to the skills of our acupuncture trainees.

We were very pleased to join with community organisation 'TEWA' in consulting women in three areas of Nepal with regard to their healthcare needs. The intention is to connect volunteer practitioners happy to offer their skills in Nepal with groups who need them through partnership projects and surgical camps.

We would like to thank all of those involved in these initiatives and most of all, our generous donors who have ensured the clinics run and remain well stocked with medicines, vitamins, acupuncture needles, spectacles and dental supplies. With your help we have delivered over ten thousand treatments; you are our lifeline!

KEY FIGURES FOR 2012

10,395 treatments

70% female patients

29% of patients travel an hour or more to the clinic

86% of patients experience more than 50% improvement

Average monthly running costs US\$2,849

Average cost per treatment US\$3.29

TIBETAN MEDICINE TRAINING PROGRAM

Phakchok Rinpoche started the King of Medicine Healing school as part of our ongoing effort to enable communities to build up a self-sustainable healthcare system, providing affordable, effective treatments and improve their overall standard of living. Complementing this, we also aim to preserve the Tibetan medical lineage, to ensure that this extraordinary wisdom will continue to benefit generations to come. With the backing of kind sponsors from Malaysia and Germany, the Tibetan Medicine Training Program started in November 2011, with a teacher from Ladakh and ten students – monks, nuns, and young laypeople.

Our students have now completed their first year of studies, which covered the memorisation and study of the Four Root Tantras of Medicine, Tibetan grammar, anatomy, and studies on herbs and plants. They have also started

learning pulse reading which is the fundamental diagnostic tool in Tibetan medicine. From September 2012, our students also travel once a week to see real patients in Vajrabarahi Healthcare Clinic in Chapagaon. The careful blend of theoretical studies and practical work aims to develop our students holistically.

In 2013, the students will start learning the practical skills of making medicine, including excursion trips out of Kathmandu to gather the herbs and roots necessary for basic medicine-making. By training them in identifying and gathering herbs in the wild as well as actual medicine making, they will be able to sustain the giving of treatments even in remote places and in all circumstances. We are also looking to move to a larger facility to centralize all of our medical training in one place.



Left (from top): Some of the Tibetan Medicine supplies at Vajrabarahi Healthcare Clinic; The ten aspiring Tibetan Medicine doctors; Tsondru Gyatso, our Tibetan Medicine student, examining pulse for the first time.

Below: Stacks of basic Tibetan Medicine herbs at our King of Medicine Healing School



Right (top) : Dr. Kaan Sheung Kin from Singapore, delivering dental treatment during our Outreach Dental Camp 2012 in the remote region of Nubri.

Right (bottom) : Visiting volunteer Traditional Chinese Medicine practitioner, Cheung, at our part-time clinic in Champi.

Below: Dr. Urgan Kalzang, our Tibetan Medicine teacher delivering treatment every Tuesday at Vajravahni Health Clinic.



Renu is 35 years old and has been diagnosed with rheumatoid arthritis. She had pain in her wrists, hands, shoulder, knees and ankles. The pain stopped her working, washing and sleeping easily. Acupuncture in conjunction with Tibetan medicine meant Ranu now has a full night's pain-free sleep. She can walk further, wash without pain, and has no pain in her ankles. She can lift her arms and swelling around her joints has significantly decreased.



OUTREACH DENTAL CAMP 2012

The Foundation, in alliance with Rangjung Yeshe Shenpen, has held annual dental and medical camps in Nepal since 2006. These camps are essential for providing primary response to immediate healthcare needs, delivering acute primary treatment and frontline health awareness and education. These camps also provide insight into deeper healthcare, social and economic issues in the underserved locations where they are held.

Over the past six camps, teams of dentists, doctors and nurses from Singapore, Malaysia, Germany, Australia and New Zealand have treated about 10,000 patients in Lumbini, and remote hill communities above Pokhara, Shivapuri, Pharping, Chapagaon and Langtang. In 2012 a team from Singapore ventured even further afield to the remote region of Nubri near the Nepal-Tibet border for our 7th Dental Camp. The dental camp was highly successful and in three and a half days 280 patients were seen and dental

treatments such as scaling, fillings and extractions rendered. The dentists also educated patients as well as teachers at the local school about dental hygiene. Overall, the dental hygiene was poor and scurvy prevalent, due to Vitamin C deficiency. The need for dental treatment was high as few had seen a dentist prior to this, and a handful have not even brushed their teeth in their entire life!

These volunteer medical and dental practitioners pay for their own airfare to Nepal, as well as part of the overall expenses for accommodation and food. They raise the funds needed for equipment and supplies from donors in their home countries. The Foundation would like to express our deep gratitude to the sponsors and well-wishers from Malaysia and Singapore for supporting our efforts to provide basic healthcare to about ten thousand villagers, for the past seven years. In our own way, we have tried to make a real difference in the lives of these villagers!

SCHOLARSHIPS FOR HIGHER EDUCATION

For people in poverty, education is a means of empowering them, lifting their families out of the mire of poverty and improving the quality of life. Thus, our goal is to ensure that as many people as possible get access to basic education.

Since 2010, CGLF was given the opportunity to help facilitate the annual admission of several Nepalese and Bhutanese students to study for their undergraduate degrees on full scholarships at Albukhary International University (AIU) in Malaysia, an outstanding new university founded on the values of compassion and respect. To date, we have worked closely with AIU to send more than twenty bright and kind-hearted youths from poor families in the Himalayan region to pursue the tertiary education in Malaysia.

GOING FORWARD

- Strengthening our Traditional Chinese Medicine training facility
- Expanding of our Tibetan Medicine Training School
- Expanding the reach and sustainability of our Medical and Dental Camps
- Developing environmental project partnerships with local communities



Counter-clockwise from left:
Dr. Sapphire Gan, our Outreach Dental Camp team leader, examining the teeth of a young patient in Nubri; Villagers from Lumbini waiting patiently for a chance to get dental and medical treatment; AIU students celebrating cultural diversity on Cultural Night.

GUADALAJARA, MEXICO



Phakchok Rinpoche being interviewed by the anchor of OchoTV news station, about Buddhism and how it can be integrated in Mexico; following Rinpoche's successful appearance on Mexican national news.



Global Sangha

The sangha, both ordained and lay, is one of the Three Precious Jewels, and it forms the foundation for the preservation of the Buddhadharma. In order for the sangha to form a stable basis from which to grow the Buddhadharma, harmony, deep knowledge and realization are important. In the Global Sangha, we strive to fulfil this aim by ensuring that lay practitioners receive similar training and knowledge to the ordained sangha, as far as the teachings allow; and foster unity and harmony amongst the sangha globally through group activities that bring our sangha closer together.

PILGRIMAGE

As Buddhists, pilgrimage is an important act of devotion and faith, which enables us to accumulate merit and purify our obscurations of body, speech and mind through the power of the blessings at each sacred site.

In April 2012, Kyabje Tsikey Chokling Rinpoche, Kyabgön Phakchok Rinpoche, family members, and around 20 students from around the world set off on a pilgrimage to numerous places of Guru Rinpoche in and around the Kathmandu valley, as

well as the Indian state of Sikkim. At each major location both Rinpoches, along with the pilgrimage group, practiced the *Tukdrub Trinley Nyingpo* Padmasambhava sadhana together with a feast offering. The group visited Asura Cave, Chumi Jangchub and Maratika in Nepal; and Tashi Ding, Pema Yangtse, Khandro Sangphug, Kecheolpari Lake in Sikkim; as well as the Zangdok Palri Monastery constructed by Dudjom Rinpoche in Kalimpong.



SADHANA RITUAL COURSE

Our annual Sadhana Ritual Courses offer a rare and profound opportunity for delving into the theory and practice of the secret mantra tradition. Students are given the complete empowerments, transmissions and oral instructions for each practice taught, in accordance with the authentic traditions practiced by the great masters of the past. Students are taught all aspects of the ritual practice (*Tib. sadhana*) – from the foundational knowledge of the four mind changings,

the general and specific instructions of the development stage, to ritual aspects such as torma making, mudra and instruments. In 2012, we covered *The Profound Essence Of Noble Tara and Essence Of Activity* from the Guru's Heart Practice cycle of teachings (*Tib. Lamey Tukdrup Trinley Nyingpo*), both from the lineage of Chokgyur Lingpa.



Clockwise from left: Chokling Rinpoche and Phakchok Rinpoche performing the Trinley Nyingpo feast offering during the pilgrimage; Students learning basic torma-making during the Zabtik Drolma (Tara) Sadhana Ritual Course; Ani Dekyi Chodron, teaching animatedly during the Zabtik Drolma (Tara) Sadhana Ritual Course; Phakchok Rinpoche receiving the traditional welcome on arrival at Maratika Caves; Ani Gyan Tara and Ashira Greenbaum in Sikkim during the pilgrimage; Patricia O'Sullivan, feeling simply fortunate, in Chumi Jangchub; Rinpoches and the pilgrims at Kecheolpari Lake, Sikkim.





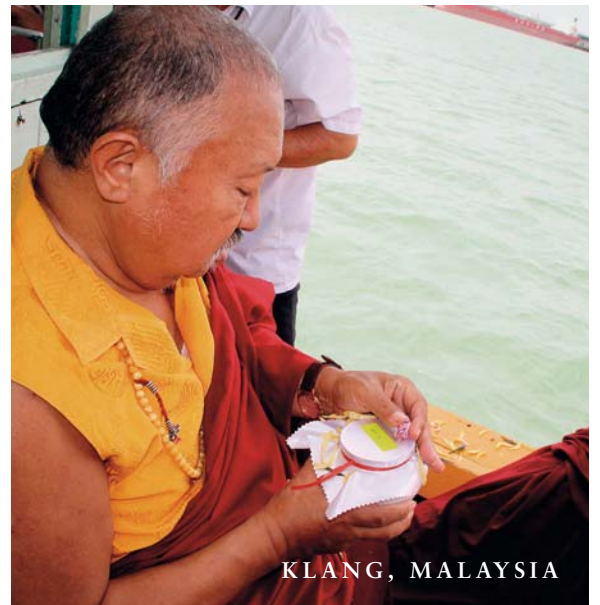
KATHMANDU, NEPAL



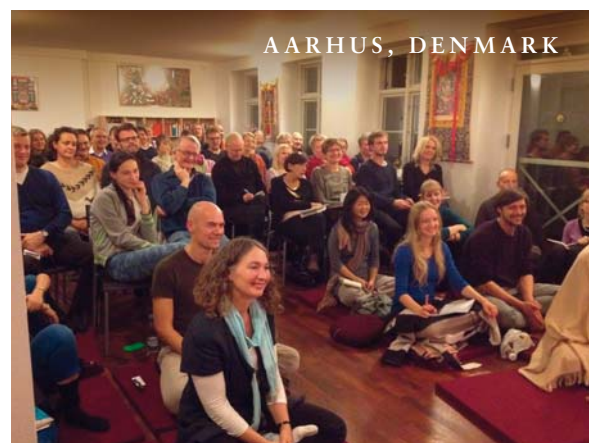
KATHMANDU, NEPAL



LONDON
UNITED KINGDOM

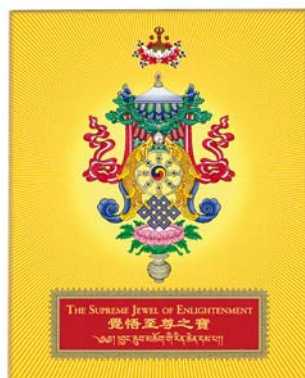
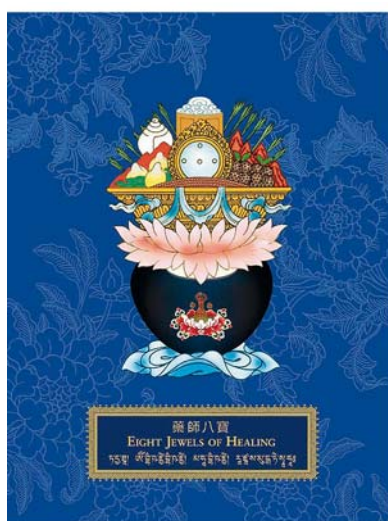


KLANG, MALAYSIA



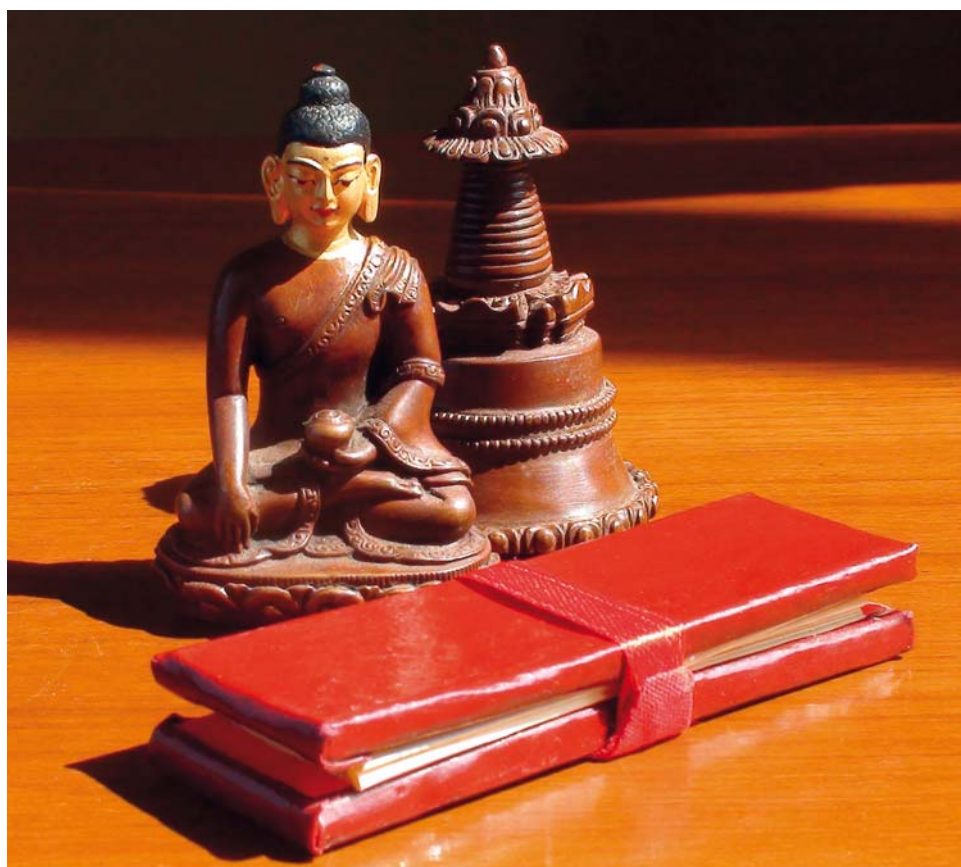
AARHUS, DENMARK

Social Business



Clockwise from top: A glimpse of our Ratna Jewels collection; The Inseparable Refuge Jewels; Two Jewels of Harmony; Eight Jewels of Healing; The Supreme Jewel of Enlightenment; The Vajra Claw.





We seek to balance our sources of funding by forming social businesses that will provide a sustainable, independent flow of income for our current and future spiritual and humanitarian projects, without comprising on our backbone principles of wisdom, compassion and dignity. Our first social business is the line of unique dharma products marketed under the brand name Ratna Jewels.

PRESERVING HERITAGE: RATNA JEWELS

From our humble beginning in 2006 with our first product Six Jewels of Liberation, Ratna Jewels is now a collection of more than twenty genuine Dharma items, produced solely with the motivation to benefit all sentient beings and to facilitate and complement the spiritual practice of Buddhists in general. In 2012, we raised around US\$89,000 through our Ratna Jewels products. Practitioners benefit through obtaining a genuine product made according to authentic lineage teachings, and they also accumulate merit as all profits go towards humanitarian and charitable projects, including:

- Supporting the education and welfare of young monks in Chapagaon and Riwoche Monasteries, Nepal
- Supporting the building of sacred shrines and temples in Lumbini (the birthplace of Lord Buddha Shakyamuni) and Zangdok Palri (Glorious Copper-Coloured Mountain) in Chapagaon, Nepal

- Contributing towards the support for spinal muscular atrophy patients in Hong Kong
- Supporting the development of various means to preserve and propagate the Buddhadharma, including Buddhist TV channels and Buddhist orphanages in Africa
- Supporting the various retreat and meditation centres under Rinpoches' care, to provide a conducive environment for practitioners

These precious items are beyond the measure of mere dollars and cents as they embody the blessings from the enlightened teachings. We produce these items to make them available to practitioners who otherwise would not be obtain them, and also as a contribution towards the preservation of the precious teachings.

Visit our website at
www.ratnajewels.com



SCHARNSTEIN, AUSTRIA

Financials

EXPENDITURE

from 1 Jan 2012 to 31 Dec 2012

Projects	Amount	US\$	US\$
Zangdok Palri			244,558
Acts of Kindness			57,482
- Dental Camp	11,581		
- VVHC	34,194		
- Tibetan Medicine	7,101		
- Healthcare support	2,559		
- Buddhist communities' welfare	2,047		
Monastic			43,319
- Monastic Education	42,770		
- Monastery repair & construction	549		
Translations & Publications			17,802
Program Supervision			14,341
Total expenditure			377,502

2013 WISH LIST

HEALTHCARE

Monthly support for one Tibetan Medicine student US\$70

Acupuncture needles for one month US\$200

Tibetan Medicine for one month US\$600

EDUCATION

Annual support for one young monk \$480

Qualified teachers for Chinese, English and Spanish languages who can volunteer for four to six weeks in Kathmandu (February to April).

PROMULGATION OF DHARMA

High quality AV camera to record Rinpoches' teachings (used) US\$2,300

Mac Book Pro 15-inch: 2.6GHz for video and audio editing* US\$2,199

Nikon DSLR or similar quality camera* US\$700.00

Professional photographers who are willing to do short photo assignments lasting for one to two weeks in Kathmandu.

*We welcome any good quality used equipment as well.

To contribute in cash, please go to www.cglf.org/donate

To volunteer, please go to www.cglf.org/volunteer

To contribute in kind, please contact office@cglf.org

Thank you

Acupuncture Relief Project
Al-Bukhary International University
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Angela Leung
CSL Technologies Sdn Bhd
Datuk Gan Chee Wah
Deborah Ho
Dr. Kaan Sheung Kin
Dr. Kumar
Dr. Namgyal
Dr. Roj
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Hong Kong Polytechnic University
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Rangjung Yeshe Publications
Rita Fu
Rita Thapa
Ruben Museum
Simon Siow and family
Singapore Dental Association
Susan Wang
Tan Chuan Dyi
TEWA

...and the rest of our family of generous sponsors and tireless volunteers, thank you for your contribution in 2012.



NUBRI, NEPAL

Join us

UNVEILING WISDOM

NURTURING COMPASSION

EMPOWERING WITH TRUE DIGNITY

Through the breadth and depth of our projects, we seek to surmount the obstacles faced by the people around us – ailing villagers traveling for our healthcare treatment, aspiring monks, ambitious youth hungry for further education – whose access to basic services remains difficult. We also aim to encourage the proliferation of the dharma with the Zangdok Palri shrine and continuous translation and publication of texts that will be of benefit to this generation and the generations to come.

Every individual has a responsibility to ensure that they imbue their lives with true wisdom, compassion and dignity, not only for themselves but also every being that they touch around them. Good wishes are not sufficient, we must be actively engaged.



*“All suffering comes from wanting happiness for oneself
All happiness comes from wanting happiness for others”*

– Shantideva



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www.cglf.org/donate

Or

Contribute your time –
visit www.cglf.org/volunteer
for more information

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CHOKGYUR LINGPA
FOUNDATION



COVER: VAJRAVARAHI, KATHMANDU, NEPAL

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