

# no.more.caves

The Internal Memo For Today's Spiritual Seeker

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AS SPOKEN BY HE TSEM TULKU RINPOCHE

## FROM KATHMANDU TO HERE

IN LIGHT OF THIS ISSUE'S FOCUS ON TRAVEL, PILGRIMAGE AND SPIRITUAL JOURNEYS, THIS TEACHING BRINGS US ON AN IMAGINARY TRIP THAT MAKES US REALLY LOOK AT OURSELVES.

I am sure you have nightmare husbands, nightmare wives, nightmare kids, nightmare partners and nightmare friends – everybody around you is actually a nightmare! You would like to just go into retreat or send your nightmare friends and partners into retreat.

So let's fantasise for a minute: there's no karma, no Buddha, none of that exists. Think about someone who really bugs the crap out of you. We tell them that they should go into retreat for three years, three months and three days and we make up a story to tell them how they're going to be a Buddha, how they're going to be enlightened, and how everything's going to be wonderful and fabulous. If they don't believe in Buddha, we'll tell them that it's for luck and that they'll be super-rich when they come back!

We'll go to Nepal, find some mountain that no one lives at and dig out a cave. We'll all go there and help, we should support each other! We'll fix it up nicely - make a little built-in toilet in the Himalayas, fix it up with curtains and heating, put in a water supply, get wiring from the Himalayas down to Kathmandu city, put in a generator and make sure they stay up there nice and warm. We'll even put in a CCTV there so they can see what we're doing. Then, we lock them in from the outside, Tibetan style. We're the only ones who have the key and there are no locksmiths in the Himalayas!

Visualise that right now we're all inside a helicopter with that one person we'd like to send for retreat, and we're about to take off. The helicopter pad is upstairs, and we're getting in. It's a 16-hour ride to the Himalayan mountains but never mind – for Dharma we'll put up with anything.

We land on top of Mount Everest and we're getting out. We open the little door, and we show them their new apartment in the Himalayas. We're so excited that we almost pee in our pants. We put

them inside the apartment and now, we're turning the key. We run back to the helicopter, we get in and go back to Kuala Lumpur.

And then they're gone.

These monster partners and friends are in retreat. We never have to hear their voices again, we never have to listen to them bitch and complain, we don't have to listen to their little hang-ups and their weird quirks, their dislikes and likes, their attachments. We come back to KL all by ourselves – no more nagging, no more arguments, no more weird conversations or ideas. Nothing. Just us! Wouldn't that be fun?

Just think about that. Would that be easier or would transforming ourselves be easier? The things that bother us about that person *are real*. But wouldn't it be easier if we just change ourselves? There are things that bother us about that person, but there will be something else, or something similar, that will bother us about another person. There are only a few things that human beings can be disturbed by. It would be one thing or another, a combination, or a different manifestation of the same thing.

Let's not talk about world peace, Enlightenment, karma, next life etc. Let's just talk about right now, our families, us, me and how much harmony we can bring to the people around us. That doesn't come from some mystical sign, like Tsongkhapa appearing to us

in a dream; it is knowing that everything we have is very short and that we've made a lot of mistakes in our life.

We know our own shortcomings. If we let them ride and continue, they just become stronger, bigger and bigger. But when we face those shortcomings, we overcome them and we're nice to the people who are not nice to us (and we're nice to the people who *are* nice to us), *that is Dharma*.



**FROM HERE TO THE WORLD:** Located in the heart of Boudhanath Stupa, one of the world's most famous, iconic Buddhist sites, our newly opened Kechara Lounge is set to bring Dharma, Rinpoche and Kechara out to the world!



# BIG NEW JOURNEYS

Dear Readers,

The end of last year saw a real flurry of activity, as Kechara stretched its wings and broadened its reach to Kathmandu, Nepal. After a thoroughly fulfilling and exciting five-day pilgrimage to some of Kathmandu's holiest sites, the 61 pilgrims came back to KL recharged and more committed to Dharma practice than ever.

The last two months of 2008 that followed saw a string of tremendous events and successes in Malaysia to see the year out. Meanwhile, the energy of the Nepal pilgrimage continued to buzz in Kathmandu. A small but busy team are in Nepal RIGHT NOW setting up a centre called Kechara Lounge, right in the heart of Kathmandu, overlooking Boudhanath Stupa, and creating huge marketing initiatives to promote H.E. Tsem Tulku Rinpoche and his teachings to Buddhists from all over the world.

It's an exciting time for Kechara in both Malaysia and Nepal as we kick off the new year, filled with new big plans. We hope you'll also be a part of our activities this year and discover the joy of bringing Dharma into your lives here and now.

**Have a happy and blessed 2009,**

With love and prayers,

**Jamie Khoo**

Editor

## KECHARA WEEKLY SCHEDULE

Check out kechara's weekly schedule and be a part of our fun, energising activities. (All prayer sessions are conducted in english, unless stated otherwise.)

<b>Monday</b> 8 - 10 pm	Setrap Puja (KH2)
<b>Tuesday</b> 8 - 10 pm	Setrap Puja in Mandarin (KH2)
<b>Wednesday</b> 8 - 10 pm	Medicine Buddha Puja (KH2)
8 - 10 pm	Dzambala Puja (KH2)
<b>Thursday</b> 8 - 10 pm	Guru Yoga and Migtsema recitation (KH2)
<b>Friday</b> 8 - 10.30 pm	Lamrim Class (KH1)
<b>Sunday</b> 2 - 4.30 pm	Manjushri Class (KH1)
2 - 3 pm	Manjushri Kids' Class (KH2)
3 - 5 pm	Chinese Manjushri Class (KH2)
4.30 - approx 8 pm	Kechara Soup Kitchen (starting @ KH2)
<b>Mon - Sat</b> 2 - 10 pm	Volunteer at Kechara Saraswati Arts

### We want to hear from you!

**nmc** is brought to you by the Kechara organisation. For more information about Kechara, its departments and activities, please contact us.

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**f** For further details of all Kechara House departments and contacts, please refer to [www.kecharahouse.com](http://www.kecharahouse.com)

Kechara also comprises 21 liaisons who are Tsem Tulku Rinpoche's personal assistants. Full details of the liaisons' council and their departments can be found on [www.tsemtulku.com](http://www.tsemtulku.com)

#### Who's who in the cave

Spiritual advisor: H.E. Tsem Tulku Rinpoche  
Editorial advisor: Susan Lim  
Editor: Jamie Khoo  
Contributors: Sharon Saw, Sean Wang  
Photography: David Lai, Justin Ripley, Chris Tan  
Designer: Rosalind Tann

# 14-CENTURY SUPERHERO... REVIVED!

KECHARA MEDIA & PUBLICATIONS RECENTLY MADE HISTORY WHEN THEY RELEASED THE WORLD'S FIRST-EVER LAMA TSONGKHAPA COMIC BOOK.

**O**n Lama Tsongkhapa's day, Gelugpa centres everywhere celebrate the life and teachings of the founder of their lineage, Lama Tsongkhapa. At Kechara this year, we had an extra special celebration – the launch of the world's first comic book on the life of Lama Tsongkhapa.

After nine months of hard work, this comic book, which was inspired by H.E. Tsem Tulku Rinpoche, finally manifested. Rinpoche consistently strives to spread Lama Tsongkhapa's lineage and teachings to as many people as possible. Through this graphic medium, Rinpoche skillfully brings this 14th-Century Buddhist saint to life to enthrall children and adults alike.

Published by Kechara Media & Publications, the comic is in Chinese and it will be published in English as soon as sufficient funding is raised. It was illustrated by Terry Lim, a renowned artist who has sketched portraits of our ex-Prime Minister Tun Mahathir.

The launch, emceed by Liaison Tan Sio Chian and Apprentice Liaison James Long in English and Mandarin, began with the sparkling performance of the celebrated artist, Lee Swee Keong, the artistic director for Nyoba Kan. This is a new form of theatrical dance which includes *butoh*, meditation and Zen philosophy. The stunning choreography of Lee's performance was an offering to Lama Tsongkhapa and literally



#### Left To Right

A moving dance by Lee Swee Kong opened the launch of the comic book.

The world's first Lama Tsongkhapa comic book.

moved some of the audience to tears!

Terry Lim and Lee Swee Keong then shared their thoughts on the comic book, after which Terry did a spontaneous freehand drawing of Lama Tsongkhapa which impressed many, especially the younger ones.

The main sponsors of the comic book, Datin Ng, and Mr. and Mrs. Ngeow, were then presented with copies to distribute to the eager crowd. Everyone was thrilled to take home a copy of the comic book, so if you didn't get a copy then, get one now from the Kechara Outlets!

**i** For more information about this and other publications by KMP, visit [www.kecharapub.com](http://www.kecharapub.com) or email [kmp@kecharapub.com](mailto:kmp@kecharapub.com)



KMP's daily prostration retreat at Kechara's main gompas.

**A** large part of Dharma work and practice is about working harmoniously with our Dharma family. The success of individual practice is very closely tied to the community we work with. With this in mind, Kechara Media & Publications did a collective group retreat to collect 100,000 prostrations, in dedication of our Lama's work and growth of Dharma in Malaysia.

They were the first department to engage in the preliminary practices and completed the full retreat after only 10 weeks. KMP were joined by friends from Kechara Soup Kitchen, Kechara Outlets, Kechara Saraswati

## COLLECTIVE KARMA

KECHARA MEDIA & PUBLICATIONS, AND FRIENDS, BROKE A NEW RECORD AS THEY COLLECTIVELY COMPLETED A 100,000 PROSTRATION RETREAT.

Arts and other Kechara members for this very meritorious retreat. Every single morning for 10 weeks, the group met at 7.30am at the main Kechara gompas to make offerings, recite prayers and do prostrations.

It was been a hugely rewarding and insightful journey for KMP as they worked closely together over the many weeks for the prostrations. KMP hopes that it'll inspire other departments to do the same!

Prostrations are one of five preliminary practices to prepare us for higher practices. It is an especially wonderful practice for purifying karma and creating immense merit for our Dharma endeavours. Members of KMP also felt that the retreat gave each of them a highly beneficial time to reflect, look inwards and study their own minds through

the ups and downs of the retreat.

It did get tough sometimes; as a purification practice, it is common that doing prostrations will bring up a lot of emotional and physical obstacles. It is during these tough times that we see how our monkey minds fluctuate, and develop endurance, patience and strength in our spiritual practice.

It has been a tremendous experience which has taught us a lot about ourselves and brought us closer as a Dharma family. It's also a step closer in accomplishing our preliminary practices... now, we just have to maintain the momentum!

**i** More information about prostration practice can be found on [www.kecharahouse.com](http://www.kecharahouse.com) under Featured Articles > "Purifying the Karma of Body, Speech and Mind"

# AN EARLY START

MANJUSHRI KIDS' CLASS INTRODUCES THE WONDERFUL VALUES OF DHARMA TO YOUNG ONES. ONE OF THEIR MOST ENERGETIC STUDENTS SHARES HIS EXPERIENCES

By Sean Wang



**Clockwise from left**  
MKC classes are interactive and encourage discussion between kids.

The MKC kids on a field trip to Kechara Saraswati Arts.

Happy little troopers with their painted tsa tsas!

**M**y name is Sean. I am 11 years old. I have been in the Manjushri Kids' Class (MKC) for a year. This is what I would like to tell you about the Manjushri kids' class from my perspective.

Manjushri kids' class is a class to learn the Dharma as a small kid. The ages of kids in the class are from five years old to 12 years old. The MKC is for kids, to show that even kids are able to learn and practise the Dharma! This proves that age is only a number for wisdom.

Since I joined the class, we have done many things: I learned about the Buddha's history, the representations of the Buddha and many other things. I especially liked the stories about Lama Tsongkhapa because his history is very interesting. I liked the four great deeds that Lama Tsongkhapa did: The first great deed was the renovation of a Maitreya Buddha statue. The second great deed was writing the *Lamrim Chenmo*. The third great deed was offering a gold crown to a Shakyamuni Buddha statue. The fourth great deed was founding Gaden Monastery.

The MKC also teaches every student the *Migstema* prayer and how to sing the *Migstema*. Once, we even had a field trip to Kechara Saraswati Arts in SS2 to paint a Lama Tsongkhapa *tsa tsa* (a small Buddha statue) and keep it for our own. It was hard but fun! When painting a *tsa tsa* you must have very good concentration.

What I like in the class is that everything is very easy to learn and does not go too deep. It is also very fun and not at all boring! The teacher sometimes tells us stories, which are very interesting.



In the class, there are about five to six teachers. There are also many students. The MKC is also a good place to go if you do not have any friends because you are bound to find a good friend here. I have found the students to be my friends. They

are kind and friendly.

In short, everything in the Dharma is for any age. As I have said, age is only a number when it's about gaining wisdom. Manjushri Kids' Class rocks! OM ARA PATSA NA DHI

## GIVE YOUR KIDS AN EARLY START TOO

The Manjushri Kids' Class is organised every Sunday, 2 – 3pm and is open to all kids, aged five – 12. MKC is taught by members of Kechara, most of whom are parents themselves. The class is structured by semester and it is highly recommended that children join the whole course to gain a rounded, comprehensive understanding of Dharma basics.

The MKC introduces the students to preliminary Buddhist teachings, including the story of Buddha Shakyamuni, basic practices and prayers, and positive, beneficial ways of living. Occasionally, MKC also organises field trips to other Kechara departments or charities, for the students to learn different aspects of Dharma and social responsibility.

For more information, please contact Ashlee Tam on [ashleets@yahoo.com](mailto:ashleets@yahoo.com) or call +60 12 235 1466



# A JOURNEY TO THE HEART OF VAJRAYOGINI'S MANDALA

A HOLY PILGRIMAGE TO  
NEPAL WITH H.E. TSEM TULKU  
RINPOCHE.

**T**he Nepal pilgrimage, in October 2008, started off as a small trip for outlet staff to purchase stock for the Kechara Dharma stores. However, the group soon grew to 60 pilgrims!

We left Kuala Lumpur in the wee hours of Oct 9, arriving early in the morning in Kathmandu – all ready to go on the adventure of a lifetime. The next five days would each be action-packed days filled with sacred sites, incredibly holy Buddha statues and lots and lots of wonder. It was like being children again, discovering a whole other world of spirituality where Dharma truly is a way of life, not just a part-time practice.

You can't help but be changed when you're in Nepal. The incredible poverty sits alongside beautiful smiling faces and centuries of deeply spiritual practice that

reverberates within the walls of the city. Things take a new perspective in Nepal: you start to question the meaning of life, the truth of suffering and happiness, and how you can start to make sense of it all. Why is it that the homeless man on the street, bedraggled and dirty, looks happier than I feel back home in the 21st-century gleam of Kuala Lumpur?

H.E. Tsem Tulku Rinpoche personally led us to some of the most sacred sites of Nepal, reciting prayers with us and helping us to “re-set” our motivation for spiritual practice, life and love for the world. We cried, we hugged, we smiled, we faced the awful truth about ourselves that often arises when on holy pilgrimages – and we learnt new lessons about what it means to be a truly spiritual.

# KATHMANDU'S POWER PLACES

NEPAL IS AN ENCHANTING, MAGICAL PLACE THAT CHANGES THE WAY YOU THINK ABOUT EVERYTHING. HERE, WE RELIVE THE MAGIC BY REMEMBERING SOME OF OUR FAVOURITE PLACES ON THE PILGRIMAGE.



## ◀ BOUDHANATH STUPA

This most famous, iconic stupa in the heart of Kathmandu holds relics of Buddha Shakyamuni and is highly revered by all in Nepal. Hundreds of devotees gather at Boudhanath every day to circumambulate, recite prayers and turn the prayer wheels located at the base of the enormous stupa.

All the pilgrims circumambulated the stupa with Rinpoche on the first day of our pilgrimage. As we walked around, Rinpoche pointed out to us many of the other practitioners who had come after work to also circumambulate, make prostrations and meditate at the stupa. Here, Rinpoche noted, people use every opportunity they have to create merit and engage in spiritual practice – it is truly a part of their daily lives.



## ◀ SELF-ARISING TARA, PARCHING

The self-arising Tara started as nothing more than a rock! One day many years ago, a meditator in the area recognised that an image of Tara was forming on the rock. Devotees built a covering over it and as more people came to pay homage and give donations, enough was collected to build a chapel around the rock.

The image of Tara that spontaneously arose from the rock grows clearer and more defined every year. The monks there further shared that eventually all 21 forms of Tara will arise on the rock.

Next to the Tara, another very big image of the Hindu god, Ganesha, has also spontaneously arisen on the same rock. The

chapel is dedicated to both Ganesha and Tara, marking the joyous harmony between the two religions in Nepal.

Love these photos and want to see more of Nepal's incredible spiritual beauty? Kechara Discovery has produced a special pictorial book of our pilgrimage to Nepal. The full-colour album features stunning rare photographs and insightful histories of each special place we visited, which you won't find in any other travel or picture book. Get your own book now and keep with you the best of Nepal's spiritual heart. Contact Paul Yap on [szekeyap@yahoo.co.uk](mailto:szekeyap@yahoo.co.uk) or 012 364 9797 to get your copy now!

## ▶ TARA CHAPEL, THAHITI

A quaint, tiny chapel in the middle of a busy square houses three statues of Tara – Yellow Tara, White Tara and Green Tara – all of which are so alive, they look like they might just get up and give you a hug at any moment!

H.H. Trijang

Rinpoche has said that the white Tara statue in this chapel flew in from Tibet to Nepal. We don't know if this

is literal or metaphorical, but as H.E. Tsem Tulku Rinpoche notes, this statue must be something special if Trijang Rinpoche himself speaks of it as being so holy.



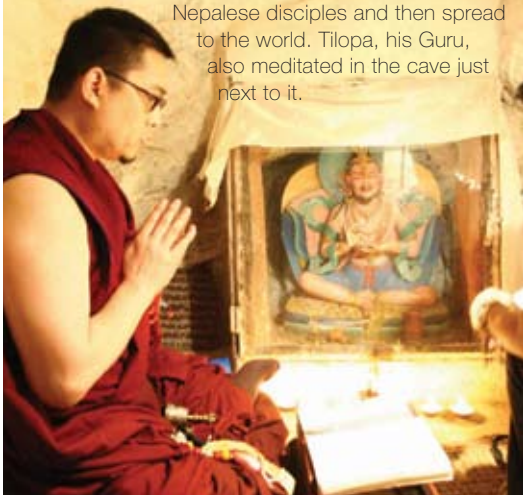


▲ **SWAYAMBUNATH STUPA**

The second largest stupa of Nepal, which also houses Buddha's relics. Surrounding this stupa are many, many other little small stupas which people, pigeons and stray dogs circumambulate all day long. Many other Buddha images can also be found all along the sides of the stupa – half the fun is circumambulating the stupa and looking through the carved niches to identify which Buddha might be sitting inside!

**NAROPA AND TILOPA CAVES**

Naropa is said to have diligently followed his Guru, Tilopa for 12 years, serving him quietly and anonymously from afar without receiving even a word of recognition and no Dharma teachings. After 12 years, when Tilopa finally recognised all his effort and immense devotion, Naropa began receiving teachings from Tilopa. Naropa received the Vajrayogini teachings, began practice and received direct visions of her within six months. The form of Vajrayogini that we practise today originates from Naropa himself. This caves that we had the great merit to visit was where Naropa engaged in Vajrayogini retreat and gained visions of her – from here, the teachings were passed down to local Nepalese disciples and then spread to the world. Tilopa, his Guru, also meditated in the cave just next to it.



◀ **MANJUSHRI TEACHING SITE**

Just a short walk away from Swayambunath Stupa is a famed courtyard, where it is said that the Buddha of Wisdom, Manjushri, gives Dharma teachings once a year to celestial beings. The place itself is just a simple bare courtyard with not much more than a few prayer wheels, but the energy is vibrant there and it is a most auspicious place to connect with the wisdom energies of Manjushri.

There, all the pilgrims were very fortunate to receive the *Ihung* (oral transmission) of Manjushri's mantra from Rinpoche. We then all recited *Gangloma*, Praise to Manjushri and his mantra right in the middle of Manjushri's most blessed and sacred site.

▶ **VAJRAYOGINI CHAPEL, SANGKHU MONASTERY**

At the summit of a long hard 480-stair climb is Sangkhu Monastery. Hidden further behind is a Vajrayogini Chapel, the most famous site of the monastery to which pilgrims always flock to visit. This chapel was especially famous because of the legendary mahasiddha that is associated with it. It is said that many years ago, a local Nepalese lady received the Vajrayogini practice from her Guru, went into retreat, practised, gained attainments and gained the same state as Vajrayogini within that lifetime. It is said that she was an emanation of Vajrayogini. When she passed away, her body was cremated, and her relics placed within this statue. The statue itself was carved to resemble the yogini and carries the most amazing, vibrant energies, like she was really there.



▲ **VIJASHWARI VAJRAYOGINI CHAPEL, SWAYAMBUNATH**

This Vajrayogini Chapel, just a short walk away from Swayambunath is special for the four forms of Vajrayogini that it contains – flying Vajrayogini, Vajravaraahi, Vajrayogini with one leg up, and Naro Kacho, the form that we practise today. Though the chapel itself is quite small, the surrounding courtyard is spacious and beautiful, with many surrounding images of Vajrayogini and other deities. We all had the chance to have individual audiences with the four Vajrayoginis, with Rinpoche standing beside each of us to guide us through prayers as we offered up butterlamps.

# PERSONAL JOURNEYS TO NEPAL'S SACRED WORLD

SOME OF THE PILGRIMS SHARE THEIR THOUGHTS AND EXPERIENCES FROM VISITING THIS MOST SPECIAL CITY.

**T**he most overwhelming impression I had about this beautiful pilgrimage to Nepal was of our Lama's powerfully enveloping compassion and love for every one of us, a compassion without boundaries. He gave unstintingly of his selfless love according to the need of each one of us.

In all his teachings throughout the pilgrimage, he consistently reminded us that our goal is to enter Vajrayogini's mandala, to attain ultimate bliss and Enlightenment; and the way for us to attain this is via selfless compassion, borderless compassion. True to his Bodhisattva nature of infinite compassion, he expressed this heartfelt wish, throughout the pilgrimage: "May I never be separated from suffering".

**Lim Han Nee**

**I** have water-skied, snow-skied, scuba-dived, sailed the high seas and done many things, but there comes a time in one's life when it's not about holidays, excitement, new experiences. It's about one's spiritual growth and development. I do not know if I have started my journey, about to start, or even not started at all but all I can say is that I hope this pilgrimage will help to kick-start something wonderful in me, for me and hopefully even be a catalyst for me to do something for others.

**Lin Lee**



**W**hile we were there, we also saw a lot of local Nepalese suffering from poverty, streets full of dust, riversides full of rubbish, many beggars wandering around... and yet we are still complaining about our own country's economy and petrol prices...! According to my research on the web, Nepal is the poorest country in South Asia and ranks as the twelfth poorest country in the world. But surprisingly, I saw many more smiling faces over there than back home in Malaysia.

**Adrian Wee**

**W**e were very lucky to have our Guru H.E. Tsem Tulku Rinpoche with us on this pilgrimage. Without him there, I wouldn't have understood so many things about all the holy places we visited and the beautiful pujas and butterlamp offerings we made at the chapels. We also do these offerings at Kechara but this was totally different! The atmosphere was as though we were in an Indiana Jones movie!!

When Rinpoche gave me a hug inside Naropa's cave, I knew that I had to do something for..... I don't know what! I am still thinking about it today, and I know I will come to know it soon. Most of the time I was there, I thought of my friends, family and staff who have been with me all this time. I thanked them in my prayers and made well wishes for all of them. It was a good feeling.

**Bill Keith**

Without him there, I wouldn't have understood so many things about all the holy places we visited and the beautiful pujas and butterlamp offerings we made at the chapels.

**Top To Bottom**

Rinpoche shares much wisdom with us at Manjushri Teaching Site

Pausing for a moment at Swayambunath for photographs with the pilgrims.

# FROM NEPAL... TO THE WORLD!

THE NEPAL PILGRIMAGE DIDN'T JUST END THERE. SINCE THEN, EXTENSIVE WORK IN KATHMANDU IS ESTABLISHING A BRANCH OF KECHARA IN ONE OF THE WORLD'S HOLIEST CITIES.



**W**hile most of us came back after our five-day pilgrimage, H.E. Tsem Tulku Rinpoche and some of the Ladrang liaisons stayed back.... and began lots of new and exciting work in Kathmandu.

As one of the world's busiest, most frequently-visited Buddhist pilgrimage sites, Kathmandu is a wonderful platform to promote the teachings and activities of our Lama and centre. We are now bringing Rinpoche and Kechara to Kathmandu, through widespread promotional and marketing efforts. Take a peek into Kechara's new home.

## KECHARA LOUNGE

Right in the heart of Boudha Stupa – Nepal's most iconic pilgrimage site – Kechara now has its own first-floor lounge, only ten feet away from the holy stupa itself.

This lounge has been set up to create awareness of Rinpoche's teachings, the Kechara organisation, our activities and future projects. Visitors can come by to browse our books, watch DVDs in our chillout TV area, view information displays about our centre or simply relax and do their personal meditations.

Kechara Lounge is set to take the world by storm – thousands of Buddhist pilgrims and tourists will be walking by our very own Kechara branch in Nepal's busiest site!

## MAKING RINPOCHE A STAR

A huge marketing and promotional effort has filled the streets of Thamel (Kathmandu's busiest tourist area) and Boudhanath Stupa with posters, banners and DVDs.

Rickshaws travelling all over Thamel now carry posters promoting our centre and websites. Free distribution DVDs of Rinpoche's most popular teachings have been placed at strategic, high-traffic cafes, stores and guest houses around these popular pilgrimage and tourist spots. We even have a big billboard at Kathmandu Guest House (the most popular guest house) promoting Rinpoche and our "modern approach to spirituality." Rinpoche is a star!

Picture



# DINNER AND DANCE

A SPECTACULAR GALA DINNER AT THE END OF LAST YEAR RAISED FUNDS AND RAISED AWARENESS FOR KECHARA SOUP KITCHEN.

It was a bit mad to have two big events in the same month of December, with our first Grand Setrap Puja on the 6th and 7th and the first-ever Kechara Soup Kitchen (KSK) gala dinner in KL on the 18th. However, with the blessings of our Lama, Kechara's Central Fundraising Committee and KSK fully utilised all possible resources to make this the best event we could... and we did!

Featuring highlights from Joanne Kam Poh Poh's sell-out show Kam... In Your Face, the evening was a spectacular success that brought together over 450 of KL's most happening party people. There were also special song performances and a silent auction to keep everyone's spirits high and happy through the night.

As the dinner was in support of KSK, the dinner saw a special twist. The first course served was a KSK food bag, packed exactly as it is for our weekly rounds. The MC explained to guests that this was what the homeless and urban poor received every week from us. Then, the rest of the dinner was served (don't worry, we didn't starve our guests!)



**Shiny, Happy People:** Friends from Kechara House got together for a smashing evening of fun and glamorous style, all for the good cause of raising awareness of Kechara Soup Kitchen



**May All Beings Everywhere...:** KSK President, Professor Choi, gave her opening thank you speech before Director of Fundraising Ruby Khong recited the beautiful dedication prayer by Shantideva to inspire all dinner guests.



**One Big Family:** Liaisons Susan Lim, Sharon Saw and Joy Kam glam up and lend their support to the KSK family!

**Glamour Girls:** Though Kechara House's style darlings and celebrity fashion designer Eric Choong are gorgeously decked out here, they're also out on the streets every week to distribute food to the homeless



**A Laugh A Minute:** Joanne Kam Poh Poh shocked and thrilled dinner guests all evening with her characteristic cheekiness and laughs.



**Up For A Good Time!** As performers livened up the stage, Kechara people partied it up to raise funds for KSK's current work and future plans to have its own permanent building.