

no.more.caves

The Internal Memo For Today's Spiritual Seeker

For In-House Circulation & Non-Muslims Only/Not For Circulation/Not For Sale

AS SPOKEN BY HE TSEM TULKU RINPOCHE

SPIRITUAL CONVICTION, SPIRITUAL COMMITMENT

VINTAGE! WE RETURN TO ONE OF HE TSEM TULKU RINPOCHE'S MOST FAMOUS TEACHINGS, FROM *GURUS FOR HIRE*, *ENLIGHTENMENT FOR SALE*.

If our attitude towards everything in life is flippant and easy, then in our spiritual practice it will definitely be the same. We shouldn't do that with our spiritual practice because that is the most important practice that we can do for ourselves.

If our Lama has not given us anything complicated or difficult and we still cannot do it and we find so many reasons not to do it, that itself is an obstacle arising. If you cannot even recite a few words, then don't even think about meditation, contemplation or higher practices that bring bigger results.

A person who acknowledges a practice from a Lama, says yes and doesn't do it, definitely cannot advance spiritually; in material, worldly, normal daily situations, he will also not be able to advance. It's like if you don't care about losing 100 dollars – you just stuff the money in your pocket and it falls out while you're running around – then why would you worry about losing one or two dollars?

Like that, if our Lama gives us a practice but we don't care, it's according to our mood or how we feel; it's according to our own lack of priorities and we just throw those practices aside; we promise, we do, we don't do – then everything else in our life will be exactly the same and we cannot reach fruition and completion.

You can check someone's conviction in their life, in themselves, in other things by their spiritual practice. When you give someone a practice, you can see their



Local students of HE Tsem Tulku Rinpoche perform a Trusöl blessing ceremony at the official opening of Kechara offices, demonstrating a new level of spiritual commitment that fosters local Dharma practitioners and teachers right here in Malaysia.

personality very clearly.

How strong your commitment is, is how much you want it. How much you want it depends on you realising how valuable what you're doing is. How valuable you know what you're doing is, is dependent on knowledge. Knowledge is dependent on listening; listening is dependent on patience; patience is dependent on compassion; compassion is dependent on knowing that if you don't do this, you and others who you love will suffer. It all comes back to the self-cherishing mind.

Commitment is not how many obstacles you face. Commitment is how much you want it. All of us have gone through very difficult situations for something we wanted. We'll go to extensive lengths to connect with a boyfriend or a girlfriend, to be with them, to impress them, to take a shower, to look

good, to talk sweet, be alert, be quick, get a car, pay exorbitant amounts to impress our partners. We'll go through a lot and we're willing to suffer all obstacles to get to that person that we want, because we want it. That applies to everything else.

We have to think very, very carefully: what is the purpose of a commitment? If we don't want it, we call it an obstacle and we stop. It's actually an excuse. And we shouldn't make that excuse – we have to make our priorities straight. Everything that we do, except for Dharma practice, will bear little or no positive results and will not be continuous. They are just a distraction and they are things that we have self-created, a web we have tangled ourselves into. Dharma practice is very different. It looks like it's a tangled web but actually it's an exit, it's a way out.

This image of Lama Tsongkhapa arose spontaneously on a cliff-side outside a cave near Gaden Monastery, Tibet. Now, we take Dharma out of the cave and strive to bring Lama Tsongkhapa's energy, presence and image right to your doorstep, wherever you are in the world.



A NEW DIRECTION

Dear Readers,

Since its very first issue way back in 2003, *no more caves* has come a long way. It started out as an internal newsletter to update members of the centre's goings-on and to provide basic information about Dharma.

But things have grown at a phenomenal rate and now news updates are being emailed out on a weekly basis, instead of being sent out once every three months! (to subscribe to our weekly Kechara House newsletter, please submit your email address to care@kecharahouse.com).

Now, *nmc* (as it is affectionately called) has evolved into both an internal newsletter for members and an informational guide for new people wishing to find out more about Kechara House and its activities.

This issue, as we round up the year, brings a new development as we shift the focus away from text-heavy news (we know it hurts your eyes, sorry!) to more picture stories and personal accounts of individuals' accounts in Dharma. Of course, we're maintaining the contemporary, edgy yet deeply spiritual vibe that has made *nmc* so unique throughout the years.

Check out the picture story spreads on Pages 6 and 7 (about our Kechara Soup Kitchen fundraising dinner) and Pages 8 and 9 (about Kechara House on YouTube).

Also, have a read of the fantastic article written by our friend in London, Kelly Glynn, where he shares his experiences with Kechara House, and what Dharma means to him now, several months on. Stories like this show us how Dharma can be applied right here, right now to make a positive change in all areas of our lives.

Further, to support this premise of Dharma in action, we've got a special feature on our Kechara House videos on YouTube, the online video-sharing portal that's bringing the world to our doorsteps. Here, you'll really see what it means to be in Dharma the Kechara way! (That is, unexpected, fun, out-on-a-limb and very spiritual).

See? We don't need caves to gain attainments, which is exactly what *no more caves* is all about.

If you have any questions or would like to comment on anything you see in this issue, please contact us at care@kecharahouse.com. And we'll see you soon, in action!

Love, love, love,
Jamie Khoo
 Editor

We want to hear from you!

nmc is brought to you by Kechara House Buddhist Association. For more information about Kechara House, its branches and activities, please contact us.

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For further details of all Kechara House departments and contacts, please refer to our organisation chart on www.kecharahouse.com.

Kechara House also comprises 21 liaisons who are HE Tsem Tulku Rinpoche's personal assistants. Full details of the liaisons' council and their departments can be found on www.tsemtulku.com

Who's who in the cave

Spiritual advisor: H.E. Tsem Tulku Rinpoche
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WHEN OBSTACLES MAKE YOU STRIVE HARDER

THE THIRD LAND BLESSING AT OUR RETREAT CENTRE PROVED A RAINY, DREARY ONE. BUT WITH THE BLESSINGS OF RINPOCHE, AND OUR OWN LOCAL TRUSÖL PRACTITIONERS, THE DAY TURNED OUT BRIGHTER THAN EVER.

It rained. And rained. And rained. And yet, that would turn out to be the biggest blessing of the day.

The third land blessing at our future retreat centre was a small, quiet affair, with only about 70 invited guests. For the first time too, five of Rinpoche students – Liaison JP Thong, Liaison Apprentice James Long, David Lai, Shin Tan and myself – would be performing a Trusöl ritual to bless the land.

Preparations were extensive, beginning several weeks ahead. On the day itself, volunteers spent many hours setting up the altar and preparing extensive, abundant offerings to be offered to the Three Jewels and land gods during the prayers.

The sun was as high up in the sky as our spirits were... before everything turned gloomy and the clouds shifted to a dismal, ugly grey. Rinpoche had advised before that if we had an incorrect motivation while doing these prayers, the land gods would make it rain on us. As the sky clouded over, everyone looked at us, raised their eyebrows and gave us a look that said, *"Make it stop."*

The rain never abated though. By the time Rinpoche arrived, the drizzle had turned into a big, continuous drip.

The Trusöl group checked our motivation over and over again, squeezing our eyes shut as hard as we could as we re-aligned our intentions for being there and conducting this puja. We hoped the sky would brighten a little, but it didn't.

Still, the show must go on, so after a brief talk by Rinpoche, the blessing ceremony began. Rinpoche conducted a Vajrayogini Tsok while the Trusöl group performed the Trusöl ritual and the guests recited Migtsema, focusing hard on creating the merit and causes for the retreat centre to manifest and bring immense benefit to people everywhere.

Apart from a few glitches though, everything went as smoothly as it could. Rinpoche had advised that the most



Left To Right

Despite the rain, everyone stayed in high spirits throughout the prayer session

Rinpoche specially graced the event to do auspicious prayers to bless the land and clear obstacles



important thing was to focus on our motivation. Making one or two mistakes here and there were small compared to the larger motivation of being there.

It was still drizzling when we finished the pujas but our spirits were still lifted and everyone was extremely happy for what we'd accomplished.

As things came to a close, Rinpoche brought us back 40 years to Gaden in South India, when monks had just escaped Tibet and arrived in Mundgod, where the monastery is currently located.

The monks came with nothing and started with nothing. They lived in tents, did pujas in tents and bore the torrential Indian rains as they struggled to re-establish the monastic community there. Even the highest Lamas had to live in tents and pitch in with the manual work of cutting down trees and tilling the land.

None of the harsh conditions detracted them from their motivation to bring Dharma to others. In spite of the barren land and harsh weather they found themselves in, the monks persevered through the obstacles, to bring Gaden up to the

splendour that it now is.

Here we were, Rinpoche pointed out, sitting in the rain under a tent and conducting a puja. Would I dare say that we weren't so different from the monks of Gaden? In fact, we have everything so much easier than they did. While they started out with nothing, we have a whole organisation and its 11 constituent departments standing firm behind us. All it takes is the constant motivation to benefit others and bring Lama Tsongkhapa's sacred lineage to the world.

Rinpoche lifted our gloomy, rained-on mood by kindly showing us that actually, in spite of the torrential downpour through the three hours of pujas, we had managed to stick it through. That would be symbolic of the obstacles that we will soon encounter for this retreat land, and the strength and determination we would use to overcome the problems.

Eventually, just as the rain drizzled to a fine stop, so too would our obstacles to the retreat centre. All will find its own calm and the successes would begin to flourish everywhere. What's a little rain?

MOVING ON UP

KECHARA MEDIA AND PUBLICATIONS AND SOME OTHER KECHARA DEPARTMENTS HAVE MOVED INTO THEIR VERY OWN OFFICES, RIGHT NEXT TO KECHARA HOUSE, BRINGING THE ORGANISATION'S WORK TO A WHOLE NEW LEVEL.

Early September marked a new step for several departments as they moved homes and re-settled into their very own buildings, right next to Kechara House. It also marked a new direction for the Kechara organisation as a whole, as work levels stepped up to an entirely new professional sphere.

Apart from providing an independent space for all of these departments to expand their work, the new offices signal a shift for the whole organisation. These departments had previously been working out of rented houses in the Petaling Jaya suburbs or had no office base at all.

Kechara Media and Publications are the first department to purchase their own building, seven doors down from Kechara House 2. This is a phenomenal success for a department that has existed for only about two years. As it operates within a commercial capacity, having proper office premises will help to spur the growth of KMP's work. As they strive towards going global with their publications and media products, this new office sets the pace for them.

A few doors down, the retreat centre, Liaisons Council, Central Fundraising Committee and Kechara Soup Kitchen offices remain very closely connected to the mother temple of Kechara House. There, as convenient and happy neighbours, those departments continue to forge ever-strong links between the satellite departments and the pivot of the whole organisation that is KH.

For both offices, their proximity to the Dharma centre is a much-loved bonus. Staff and volunteers often trot down to pujas in the evening after a long day's work, meet up with each other during breaks or hang out at the nearby pet shop saving fish. The locations provide the perfect balance for work, play and practice, which is just what Dharma should be all about.

Here's hoping that many more departments will set up shop right next door soon!



Top To Bottom

The KMP crew hanging out at Dhi Room, their chill-out room in KMP.

A beautifully set-up altar on KMP's opening day.

The Liaisons' conference room at the Kechara Offices.

A majestic altar to HH Kyabje Zong Rinpoche imbues the offices with a deeply spiritual air.

BRINGING BUDDHA HOME

KECHARA DISCOVERY SPECIALISES IN SOURCING AND PRODUCING BEAUTIFUL BUDDHA IMAGES FOR US TO INVITE HOME. HERE WE TAKE A LOOK AT SOME OF THE MOST HEAVENLY STATUES THEY'VE BROUGHT TO US.

Where people have the mistaken view that Buddhists worship idols this is never the case. A Buddha statue is never just a statue; a painting is never merely a painting.

To practitioners, Buddha statues and images represent and embody all the Enlightened qualities that we aspire towards – we pray, make offerings to and meditate on Buddhist images with the hope that we too can gain the Buddha's body, speech and mind.

For this reason, and for practitioners to collect vast merits to support their Dharma practice, HE Tsem Tulku Rinpoche has always been very keen for us to have beautiful Buddhist images. Even when he had very little money when he first came to Malaysia, he would still give away Buddha pictures to everyone he met.

Upon opening the Dharma outlets, the Kechara group began to make regular trips to Nepal and India to purchase statues. However, in terms of time and expense, this eventually proved to be a costly way of bringing statues in.

As a result, Kechara Discovery was recently established to source statues and statue-makers, to make beautiful and more affordable statues available to all of us here in Malaysia. Kechara Saraswati Arts department complements KD's work by painting, adorning and dressing the statues in traditional styles.

With the continued guidance and advice of Rinpoche, the statues brought and created by KD all feature very accurate iconography and symbolism, which are very important for our visualisations and prayers.

The effort that goes into each individual statue is immense. Liaison Paul Yap, the sole member of Kechara Discovery, spends countless hours with manufacturers to ensure that the images are perfect. A huge amount of research and travel also goes into sourcing statue makers all over Asia, to find good craftsmen who are affordable.

The finished products, available at all Kechara outlets, are exquisitely crafted images that are perfect objects of visualisation for our prayers and meditation.

Again, as with all departments in Kechara House, ancient wisdom, Dharma teachings and tradition come alive and come home with us in new ways that are constantly evolving.

As one of the newest departments of the Kechara group, Kechara Discovery does require support. Please contact Paul Yap at szekeyap@yahoo.co.uk or 012 364 9797 for more information on how you can contribute towards making wonderful Buddha images available to the world.



Clockwise

Large full-coloured Setrap tsa tsas

Specially framed Lama Tsongkhapa tsa tsa tiles

Wooden Setrap statue, hand-carved by Balinese artisans

Majestic five-foot Vajrayogini statue

RAISING THE KSK PROFILE

WHO KNEW SUCH VAST BENEFIT COULD COME FROM SUCH FUN PARTIES? A FUNDRAISING DINNER IN PENANG RAISED BIG FUNDS FOR KECHARA SOUP KITCHEN AND AN EVEN BIGGER PROFILE FOR THE GROUP'S FANTASTIC WORK.



The Party Of The Year

The party of the year: 350 guests packed out the gorgeously decorated ballroom of G Hotel, Penang's premier boutique hotel right in the heart of the city's famous Gurney Drive. Many guests had even come from KL and Ipoh just to attend the dinner.

Well, if you're going to party the night away, it may as well be for reasons better than just tackling the latest Pinot Noir or donning a new hair-do that'll be flat by midnight. Liaison Ruby Khong and her sister Patsy Gooi revived the real meaning of a big night out when they organised a huge dinner party at G Hotel, Penang to raise funds for Kechara Soup Kitchen. More importantly, the dinner aimed to introduce Malaysians to KSK's huge work to feed the homeless and urban poor of the city.

The evening saw the most well-heeled of both KL and Penang's high society coming together to heartily support KSK. One party guest from Penang was so impressed by their work that he even offered to completely fund the initiative should it start a branch in Penang!

An impressive range of performers entertained the 300 dinner guests throughout the night, spinning out crazy dance numbers, soulful ballads and solos that stole every woman's heart in the room.

After four hours of good food, great music, exciting raffle prizes and doing what we all do best – partying hard – the dinner raised over RM80,000 for KSK's noble work. This will go a long way to support their weekly food distribution on Sundays around the city, and also to eventually fund their own permanent base in the city.

i For more information about KSK and its activities, please visit www.kskcommunity.org.

i A video of the night's events is available at www.kecharahouse.com.



Star-studded: From right: Event organisers Patsy Gooi and Liaison Ruby Khong shared the VIP table with Datuk Dr. Victor Wee and Mr. Jeff Ooi



Let's Get Loud: Throughout the evening, Liaison Sharon Saw's aunt and her cousins gave energy-packed performances with intricately-choreographed dancing. Here they are dancing to Jennifer Lopez's "Let's Get Loud"... and here's the shocker: would you believe Sharon's aunt (centre) in her 60s?!



You Raise Me Up: Liaison Apprentice James Long stole the heart of every woman (and man!) in the room when he gave stellar, heart-warming performances of well-loved numbers "You Raise Me Up" and "Sway". One lady was so impressed, she donated RM5,000 to KSK for James to sing an encore!



Gorgeous Girls: Apprentice Liaison Julia Tan (third from left) and high society friends, including Datin Maylene Yong (fifth from left) and Datin Irene Mah (sixth from left), jointly sang a classic Chinese song that brought a tear to many an eye!

Thank You For The Music: Performers and event organisers gathered on the stage for a finale, ABBA's famous hit, "Thank You For The Music." P.S. Spot Liaison Sharon Saw's 88-year-old grandmother. She's the one right in the centre, in the gold. Amazing!



Sing Your Heart Out: Datuk Dr. Victor Wee, Economic Advisor to the Ministry of Finance, shared a few songs with the guests, capturing everyone's heart with an especially lovely rendition of Don McClean's "Vincent". Datuk Dr. Wee is also the founder of the Buddhist Gem Fellowship and is famous for writing and singing Buddhist-themed songs.



All For A Good Cause: Mr. Jeff Ooi, MP for Jelutong, supported the evening's performances by singing a Malay song, followed by a Mandarin song that got plenty of cheers from the crowd.



Good Memories: Event organisers Liaison Ruby Khong (left) and her sister Patsy Gooi (right) share a Kodak moment with Xandria Ooi, local writer and TV personality who flew in to Penang just to host the event as our celebrity MC



Stars In Our Eyes: James Long with his fans! Friends of the event organisers and performers had come up from Ipoh just to attend the evening, and were swept off their feet by James. Many wanted to take photos with him and even asked for his autograph!

INSIDE KECHARA

IT'S NOT ALL JUST SERIOUSNESS IN KECHARA HOUSE. YOUTUBE OFFERS THE WORLD A LOOK AT HOW DHARMA PRACTICE CAN MANIFEST IN THE MOST UNIMAGINABLE PLACES!



AMAZING PILGRIMAGE WITH HE TSEM TULKU RINPOCHE

In December 2007, a group of HE Tsem Tulku Rinpoche's students went on a pilgrimage tour in Kuala Lumpur, led by Rinpoche himself. We learnt that we don't have to go across the world to visit holy sites. They're right here in Malaysia and, through our prayers and practice, we too can transform KL into a sacred pilgrimage place!

We like to take things outside the classroom... (or gompa). After all, Dharma isn't just about sitting on a prayer cushion and the Lam Rim teachings aren't supposed to stay inside a book.

The Kechara way, under the constant guidance of HE Tsem Tulku Rinpoche, is about learning and applying the teachings wherever you are and whatever you're doing...no matter how absurd it might seem.

Kechara House brings its Dharma practice alive through YouTube, the vibrant online video-sharing portal that is changing the way we view the world. Get ready spiritual seekers – this is Dharma like you've never seen it before!

📌 Check out all these videos online at YouTube (www.youtube.com). Type "Tsem Tulku" or "Kechara" into the search box.

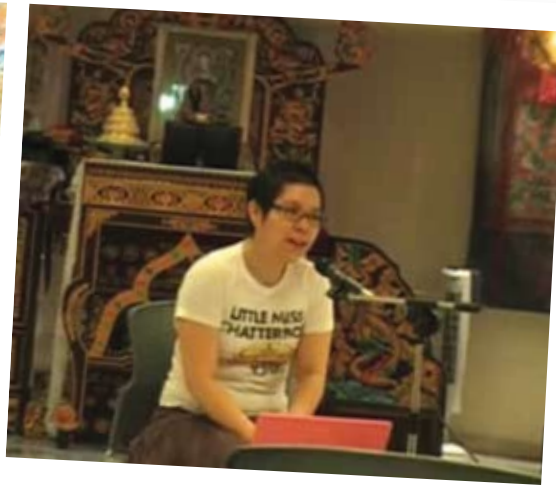


THE DAVID LAI SERIES

So you think you can handle anything? Like cat-walking down a high street in Bangsar? Pretending to be Little Red Riding Hood in Ikea? Dancing in the middle of a café? Rinpoche puts his students' egos and attachments to the test and makes them do the most embarrassing things possible. Ego? What ego?



It's not just human beings that get the benefit of Dharma. Watch HE Tsem Tulku Rinpoche and his students interacting with different types of animals and creating the causes for our future animal sanctuary.



WHEN STUDENTS START TEACHING

We can't rely on our teachers forever to handhold us through our Dharma practice and learning. Things get challenging (but interesting) when the students themselves start teaching and explaining Dharma to others. Check out the sharings and discussions by members of Kechara Media and Publications, Jamie Khoo and David Lai.



THE EXTENDED KECHARA FAMILY
 Learn more about the many Kechara departments in short, candid documentaries which feature their work, activity and the volunteers who make it all happen. There are videos on Kechara Media and Publications, the Kechara Dharma Outlets, Kechara Soup Kitchen and Kechara Saraswati Arts. Search the department names to find the videos.

THE TRIP OF A LIFETIME

WHEN KELLY GLYNN FLEW INTO KL FOR HIS BEST FRIEND JUSTIN RIPLEY AND JOY KAM'S WEDDING, LITTLE DID HE EXPECT THAT IT WOULD TURN INTO ONE OF THE MOST UNEXPECTED, INSPIRING WEEKS OF HIS LIFE.

By Kelly Glynn



Kelly and his girlfriend Souad now regularly attend the Kechara-affiliated Dharma gatherings in London.

Malaysia. The trip of a lifetime? For me, it turned out to be undoubtedly so. Not because of Malaysia's scenery, beaches, cheap clothing and food – they awaited my other friends travelling at the same time. I was flying to Malaysia for a different purpose, my "brother Justin Ripley's wedding, and that trip was to change my life in ways I could not have imagined.

I received an introduction to Buddhism and on two special occasions, was able to receive teachings from His Eminence Tsem Tulku Rinpoche himself. For that, I can thank my longstanding friend Jason Ripley who I believe has made all these gifts possible. If it weren't for our friendship, I may never have been introduced to the wonders of Buddhist life nor his beautiful family.

My introduction to Buddhism began with my involvement in setting up Justin and Joy's wedding, where Kechara House members enveloped me. They were so

It's a journey but one worth taking: Buddhism.

dedicated to ensuring a truly momentous occasion, this being KH's first Buddhist wedding. They were energised, colourful and learned in Buddhist ways, thus inspiring and arousing my newly-found fervent interest in Buddhism. Working with them into the wee hours of the morning was never seen as a chore but as a blessing.

My first sight of Rinpoche was influenced by surprise and ignorance. On Jason's suggestion, I had watched Rinpoche's Dharma talks online but he was different in the flesh. Towering above everyone, he contradicted my misconceptions of small, wiry, Asian men formed by my lack of travels in Asia...and too many Bruce Lee films! He entered the room with a definitive cause to every action he took and before putting everyone at ease with his ice-breaker, the silence in the

room evidenced his importance.

Rinpoche conducted a wedding ceremony which surpassed all expectations. He delivered a very frank, moving but at times light-hearted delivery about Justin and Joy, and their transition into marriage. It was unabashedly relevant and candid, and all the time thought-provoking. I suppose it was to be expected – from his online teachings, I had known Rinpoche was quick-witted and funny but paradoxically strong when it came to issues of Dharma teachings and practice. I have found him inviting to listen to and extremely engaging.

After the wedding, Fat Monk generously spoke with me until early in the morning, questioning me on my beliefs and imparting wisdom along the way. FM's actions reflected the generosity that I found throughout KH. I have never been

Through Buddhism, we have seen major positive changes in all of us operating as a family unit.

the type of person to take something for nothing and receiving the gifts that I did at KH... well, this was new to me. As my interest and intrigue increased, I received a Dharma protector. Although gratitude comes close, I can't describe properly how I felt when faced with KH's unconditional approach to giving, and the thought, consideration and joy that went into each gift given to me.

Towards the end of my trip, I received a Lama Tsongkhapa statue which so overwhelmed me that my eyes filled with tears. I felt so much love and my life as I knew it had changed. I felt connected, I felt very light. KH has given me so much to lay the groundwork for my introduction into Buddhism. I have since shared the DVDs and books that I brought home with those closest to me, to introduce to them Dharma teachings that we now try to apply to our lives. It is an ongoing process for us, and it always will be, but nonetheless we have derived great benefit from Rinpoche's work and his dedicated team.

Back At Home

After Malaysia, I went to France to meet my girlfriend, Souad. She was surprised I wasn't "crazy", extroverted Kelly but more serene and at peace with myself. She found that my attachment to things had changed, and this attitude change manifested in the way I conducted my personal life and business.

In introducing my son, Cameron, and Souad to Buddhist texts, I thought I would be able to share with them what I had learnt, even impart my knowledge. What a contradiction! In sharing, they became my teachers. My father and Cameron's visit from New Zealand was a turning point – with them around, my human frailties were exposed, my application of Dharma was tested, and my relationship with my son was strained to breaking point. I know all of this was a consequence of my tendency for direct confrontation, and my lack of consideration for the underlying problem that was both the cause and effect.

I was lucky enough to have Dharma gatherings with Lily and Keng Nam here in London to sort me out. In one of our gatherings, practitioners hinted that in my own time, I had to apologise to Cameron, sincerely and with compassion, for leaving him in New Zealand when he was six years old. In Cameron's earlier years, I had apologised but only in passing. I had always thought that my reasons for leaving were well-justified but at that point, I could

see that no justification was enough for my son who saw only abandonment. In apologising wholeheartedly, our relationship suddenly changed dramatically and for the best.

Through Buddhism, we have seen major positive changes in all of us operating as a family unit. On his trip to London, I realised also that Cameron has tried to imitate me. It is flattering when I am applying Dharma, but the karma is great when I am not and this has motivated me to be continually in Dharma.

Cameron, Souad and I are always talking about the Eight Verses of Mind Transformation and how we can apply it to our lives. We continuously check to see if our motivation is clear, and we remind ourselves all the time, "Ask yourself the kind of person you want to be. Do you want to be loud, seen as the funny man all the time and not be taken seriously? Or do you want to be the thoughtful, considerate person who takes time to think and then act, can have a good laugh but at no one's expense?"

It is not just Lily, Keng Nam, and our friends and family here who have kept us focused on Buddhism. Being away from KH and Malaysia, Rinpoche's text message teachings have also been effective in keeping a check on our actions. Rinpoche has the uncanny knack of sending a text that is relevant for the precise moment. (Then again, when is Dharma ever irrelevant?) One of his recent messages which we hold on to dearly is that of being accepting when others point out your faults, and being grateful that others took the time and had enough caring to do so. The teaching is hard to apply only when you want to be right all the time and can't face criticism. We really took to this one, whether we liked it or not.

What I've found is that being consistent with my practice has been tough when obstacles appear, and the effect

of being lazy is immediate – I revert back to the "pressure cooker" I once was. Retrospectively, I am wary now that I must actively engage the Dharma continuously, not only when it is convenient. My character benefits and in doing so, it makes me a much more pleasant being to be around.

For me, now, I am learning. Every day I am confronted with something new about myself or some teaching I can derive from others. I realise how little I know and much I need to be guided. Thankfully I am surrounded by teachers, from my 13-year-old son and my partner, to the friends who attend Dharma gatherings at Lily and Keng Nam's here in London.

There is an old saying, "If you want to talk about a man, look at the company he keeps" - well I am blessed in the company I keep, true friends who are caring and sharing. To you all, and to Rinpoche, I am again truly grateful. It's a journey but one worth taking: Buddhism.



Kelly's beautiful Tsongkhapa altar, featuring a huge Guru tree.

REGULAR ACTIVITIES AT KECHARA HOUSE

JOIN IN ANY OF KECHARA HOUSE'S DIVERSE ACTIVITIES, TO LEARN DHARMA, MAKE FRIENDS, RELAX AND CREATE LOTS OF MERIT!

Pujas

Find peace and clarity at any of the prayer sessions held weekly at Kechara House (see adjacent timetable for details). No prior knowledge is required and friendly Kechara members will be happy to explain the prayers and show you what to do. Find out more by contacting our KH administrator on 03 7803 3908



Kechara Saraswati Arts

Express your creative side by participating in the exciting, buzzing activities of KSA. Join volunteers as they roll mantras to be put into statues or learn traditional Tibetan art techniques. This is a wonderful way to learn all about the significance of Buddha images and Dharma practice. Find out more at www.kecharasaraswati.com or contact James Long on 012 772 0289



Kechara Soup Kitchen

Engage in deeply rewarding community work with KSK by going on their food distribution rounds every Sunday to donate food to KL's homeless and urban poor. Find out more at www.kskcommunity.org or contact Justin Cheah on 012 209 3813

Fundraisers and Social events

Let your hair down for a good cause at our fundraising events and parties. It's a great opportunity to meet many KH friends and find out more about Kechara and our activities. Keep an eye out for announcements!

Stay in Touch

Subscribe to our weekly e-newsletter and we'll send you regular news, updates, Dharma sharings and announcements about our fun and exciting upcoming events! To join our mailing list, please contact care@kecharahouse.com



DHARMA CLASSES AT KECHARA HOUSE

Manjushri Kids' Class

Open your mind to ancient Buddhist philosophy and wisdom at weekly Sunday Dharma classes for adults, where knowledgeable senior students share their knowledge and personal experiences in Dharma. No previous knowledge of Dharma is necessary and all are welcome to join any time.

Minimum donation: RM5

Manjushri Kids' Class

The Manjushri Kids Class, organised by parents within Kechara House, aims to introduce kids to the foundation of Dharma practice, and to encourage the cultivation of a good heart.

The classes are open to children between 5 and 12 years old and will include teachings, hands-on activities and occasional field trips.

Course fee: RM30 a month (to cover snacks, printing materials etc)

KECHARA HOUSE WEEKLY SCHEDULE

CHECK OUT KH'S NEW WEEKLY SCHEDULE AND BE A PART OF OUR FUN, ENERGISING ACTIVITIES. (ALL PRAYER SESSIONS ARE CONDUCTED IN ENGLISH, UNLESS STATED OTHERWISE).

Monday	8 – 10 pm	Setrap Puja (KH2)
Tuesday	8 - 10 pm	Setrap Puja in Mandarin (KH2)
Wednesday	8 – 10 pm	Medicine Buddha Puja (KH2)
	8 – 10 pm	Dzambala Puja (KH2)
Thursday	8 – 10 pm	Guru Yoga and Migtsema recitation (KH1)
Friday	8 – 10.30 pm	Lamrim Class (KH1)
Sunday	2 – 4.30 pm	Manjushri Class (KH1)
	2 – 3 pm	Manjushri Kids' Class
	4.30 – approx 9 pm	Kechara Soup Kitchen (starting @ KH2)
Everyday	4 – 10 pm	Volunteer at Kechara Saraswati Arts

1st Tuesday of every month

Social gathering for all new friends to meet members and students of KH over a casual, fun dinner.

Time: 7pm onwards

Venue: Changes each month (see below for details)

Cost: Price of your meal

Please call us 3 days ahead of time to find out the venue for the month and reserve your place. RSVP: Jamie at 012 370 9567 or care@kecharahouse.com

EVENTS TO LOOK OUT FOR

KEEP YOUR EYES OPEN FOR THESE SPECIAL EVENTS OVER THE NEXT THREE MONTHS!

October 25

Charity Designer Sale @ Planters' Jim, Bangsar Baru

31 – Nov 2

Kechara Outlets Wealth Promotion @ Sunway Pyramid

December 6 & 7

Grand Setrap Puja @ Chinese Assembly Hall

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Gala Dinner and Show, with highlights from *Kam... In Your Face* featuring Joanne Kam Poh Poh @ Shangri-la Hotel

For more information on any of these events, please contact Margaret Lee on 012 292 5757