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The Internal Memo For Today's Spiritual Seeker

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THE FIRST STEP TO GOING GLOBAL

THE KECHARA ORGANISATION TAKES ITS FIRST STEP OUT OF MALAYSIA AS IT SETS UP ITS NEW HOME IN KATHMANDU, NEPAL.

February 15 2009 marked an historic moment for Kechara as our new branch, Kechara Lounge, was officially opened in Kathmandu, Nepal. This was a huge step for the Kechara organisation as it marked the opening of our first initiative beyond Malaysian shores.

Kechara Lounge is situated at the Boudha Stupa circuit which is among the most famous pilgrimage sites in the Buddhist world. The magnificent Stupa with its benevolent Buddha eyes is the focal point for the millions of pilgrims who file round its ancient stone path. Opening a branch of our organisation right in the heart of this iconic site will bring our Lama, H.E. Tsem Tulku Rinpoche and all Kechara activities to millions of international pilgrims.

Rinpoche had mentioned during a pilgrimage trip in October 2008 that it would be very nice to have a branch of Kechara at Boudha. His students were struck by the idea and immediately set about looking for an appropriate location. With the blessings of our Lama, an ideal spot manifested. After months of renovation guided by the continuous hard work of Liaison Chuah Su Ming and supported by various Kechara members, this beautiful lounge has opened its doors to the world!

The opening day itself saw a flurry of highly-charged activity. The whole Kechara Media & Publications team and Kechara House's COO and Liaison Yap Yoke Fui flew in specially to attend the opening; other guests comprised the many, many wonderful local Nepalese people who helped us transform Kechara Lounge from

a mere concept into a beautiful, full-fledged reality.

As the first outlet of its kind in the entire Boudha area, Kechara Lounge seeks to bring a breath of fresh air to the international spiritual scene of Kathmandu. In line with the whole organisation's modern approach to spirituality, the lounge strives to merge ancient Buddhist teachings with a brand new, 21st-Century sensibility and aesthetic. We are going places!

Kechara Lounge was spearheaded by Ladrang Liaison Chuah Su Ming and is a Tsem Ladrang initiative to introduce pilgrims to Rinpoche and the Kechara organisation. It is designed for pilgrims to hang out, read books by Rinpoche and learn about our organisation while relaxing in the comfortable lounge.

Pilgrims can also engage in their own prayers, meditations, prostrations and mantra recitations while looking out at the breathtaking view of the stupa. Just as the beautiful stupa gathers pilgrims from around the world, it is hoped that Kechara Lounge will gather pilgrims towards finding their spiritual path with the Kechara organisation in Malaysia.

To support the goals of Kechara Lounge, other initiatives are being implemented in Kathmandu to promote Rinpoche's teachings and Kechara's work. Posters now ride on the backs of rickshaws through Thamel, where many tourists gather; large posters and banners have been erected at some of Kathmandu's

The main altar in Kechara Lounge brings all of Lama Tsongkhapa's blessings to everyone who steps through its doors.



most prominent sites; Rinpoche's DVDs are being given away for free in frequently visited restaurants and outlets.

Tsem Ladrang has also established a branch in Kathmandu, where it is set to do massive work to bring Dharma to the people there... and everywhere. Already, a team is in place to acquire land for the building of a retreat centre in Kathmandu, that will cater to spiritual seekers and deep practice.

All these efforts by the hard-working Ladrang team and the continued working of friends everywhere are directed towards the achievement of something far bigger and more beneficial: the manifestation of retreat centres both in Nepal and Malaysia. From there, we hope, hundreds and thousands of people will be benefitted by the opportunity to engage in spiritual practice and find lasting happiness.

All it starts with is a good wish.

i Many more stories about our efforts in Nepal can be read on www.kechara.com

"Not a single person is dispensible to me." – H.E. Tsem Tulku Rinpoche



FLYING FAR

Dear Readers,

Everyone at the *no more caves* team is extremely excited about this quarter's issue because of all the news that's in it! Kechara is going many places and this issue looks at where we're leaving our footprints in the world.

Our Kechara Paradise outlets are doing road shows all over the country (see page 8), we've set up a lounge in Kathmandu (Page 1) and we're launching H.E. Tsem Tulku Rinpoche's latest book in London (Page 6). The efforts of the many people throughout the organisation are really bearing fruit now as we go global.

Recently, there's also been a huge explosion of activity and buzz over at YouTube, where Kechara has been shaking things up all over the borderless world of the Internet. To date, we have 171 videos, featuring Rinpoche's fantastic teachings, documentaries, video journals of our many events and behind-the-scenes insights into the Kechara organisation. We'd love you to be a part of all this exciting, progressive e-family – join in and leave a comment on any of our videos. Visit www.youtube.com and search for "tsemtulku"

But ultimately, no matter how far we go or how wide we spread our wings, we shan't forget that we're still in the "business" of people. As Rinpoche shared with some students at a recent event, "Not a single person is dispensible – in the spiritual sense – to me."

All that we do at Kechara, under Rinpoche's ever compassionate spiritual guidance, is to bring the benefit of Buddhist teachings to others. No matter how glamorous, or wild, or fun things may seem at Kechara, the bottom line is about reaching out to people in different ways and extending a warm hug to every single person that we come into contact with. This is with the hope that they can apply the teachings, gain different perspectives and eventually, find lasting happiness.

This is not the only way but it is certainly one way that we have found to bring tremendous benefit to ourselves and the people around us. Now, if we could only share that same joy with the whole wide world!

With love and prayers,
Jamie Khoo
 Editor

We want to hear from you!

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

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COMPASSIONATE DINING



THE OPENING OF A NEW RESTAURANT UNDER THE KECHARA BANNER SHOWS MALAYSIANS HOW ENRICHING AND VARIED VEGETARIAN DINING CAN BE.



Clockwise from top left

One of Kechara Oasis' signature dishes, Vietnamese spring rolls.

Yes, it really is all vegetarian!

Liaisons and friends celebrate the opening of the restaurant in January with a hearty "lo sang"!

A few months ago, H.E. Tsem Tulku Rinpoche suggested to one of his senior students Irene Lim that she should open a vegetarian restaurant. Irene immediately agreed without hesitation.

Irene had never run a restaurant before, but she took this as a challenge. She always wishes to fulfil instructions from Rinpoche, a Guru who she has followed devotedly for 20 years.

She did extensive research on the restaurant business, found cooks, took them on taste-testing trips to Nepal and Taiwan, located a place in Jaya One and oversaw all renovations. Now Kechara Oasis (KO) is fully complete and has been open for orders for almost half a year.

The new-age vegetarian restaurant seeks to promote vegetarianism in line with Buddhist teachings on not harming sentient beings. The creative and hard-working chefs constantly look for new and interesting ways of cooking and presenting the dishes – it's hard for you *not* to want to be vegetarian!

KO was officially opened by our Lama H.E. Tsem Tulku Rinpoche on January 21 this year and the event was honoured by other distinguished guests, Y. Bhg. Datuk Dr. Victor Wee, the Economic Advisor to the Malaysian Ministry of Finance and Datin Catherine Lai.

There, His Eminence shared how happy he was that Kechara was opening a vegetarian restaurant to promote care for animals. This way, we directly create the causes to have a large animal shelter in future to help more animals.

With KO, we can now have delicious food, promote a healthy, vegetarian diet, support our own Kechara organisation and continue to promote our Lama's works throughout the region. Time to eat up!

Check out more of Kechara Oasis' tantalising treats at www.kecharaoasis.com

Tsem Rinpoche and Irene Lim, at the opening of Kechara Oasis.



Take the time to feast at Kechara Oasis!

Find them at:
D-21-LG1 & D-19-LG1, Block D, Jaya One,
No. 72A, Jalan University, 46200 Petaling Jaya, Selangor. Tel: +603 7968 1818
Opening hours: 11pm - 3pm (lunch from Mon - Sat), 6pm - 10.30pm
(dinner from Mon - Sun), 10.30am - 3pm (brunch on Sun).

A BLOOMIN' SUCCESS

THE LAUNCH OF ERIC CHOONG'S AUTOBIOGRAPHY SHEDS REFRESHING NEW LIGHT ON HOW TO COMBINE THE GLITZY WORLD OF FASHION WITH DEEP SPIRITUAL PRACTICE.

Eric Choong's beautifully designed and written book, *Eric Choong: In Full Bloom*, was launched in late February to a star-studded guest list, in one of the city's favourite venues, Bangsar Village.

Amidst lychee cocktails, decadent chocolate truffles and plenty of bling, *In Full Bloom* was launched in conjunction with a fashion show of Eric's latest bridal collection. What splendour, glamour and most, of all, true spirituality for the 21st Century!

Then, as a most wonderful conclusion to the afternoon, H.E. Tsem Tulku Rinpoche came for a surprise visit to grace the event and lend his support for Eric's book. Rinpoche, Eric's spiritual guide, was the inspiration behind the many months of writing, design and production.

Illustrated with beautiful photographs, *In Full Bloom* shares the personal and spiritual journey of Malaysia's celebrity fashion designer and Kechara House Committee Member, Eric Choong, who has been in the fashion industry for over 25 years. Interspersed with beautiful personal photographs that detail Eric's history and life, *In Full Bloom* reveals how fashion and spirituality find a perfect balance in the life of one of Malaysia's most respected designers.

In Full Bloom is also supported by distinguished personalities – Eric's personal spiritual guide, H.E. Tsem Tulku Rinpoche, international model from New York, Ling Tan, Malaysian singer, Chang Tong Liang (better known as Nicholas Teo), celebrated Taiwanese Poet Tan Kok Wah, well-known Hong Kong writer Shng Suet and legendary actress Fung Poh Poh.

This book is published by Kechara Media & Publications (KMP) and edited by Chinese Chief Editor Kok Yek Yee. It is now available in all Kechara Paradise outlets and major bookstores near you.

i For more information about KMP's books and products, visit kechara.com/kmp



A giant version of *Eric Choong: In Full Bloom* framed the specially designed stage where the launch was held.



Top

The energetic launch combined a fashion show, showcasing Eric's latest collection, and the launch of the book itself.

Left

fridae.com CEO and founder, Dr Stuart Koe (centre), his partner Abra Lee (left) and KMP adviser Joan Foo Mahony (right) spend a moment to browse through Eric's beautiful new book.



Local celebrity and one of Malaysia's most established fashionistas, Gillian Hung, signs her best wishes to Eric on a giant guest board at the entrance of the launch.



H.E. Tsem Tulku Rinpoche dropped by the launch as a surprise and spent time talking to the many party guests. Here, he gives his heartiest congratulations to Eric, Eric's mother (right) and KMP Chinese Chief Editor Kok Yek Yee, who worked very hard with Eric to publish the book.



H.E. Tsem Tulku Rinpoche shares a photo moment with the whole KMP team. Eric Choong; *In Full Bloom* is published by KMP.



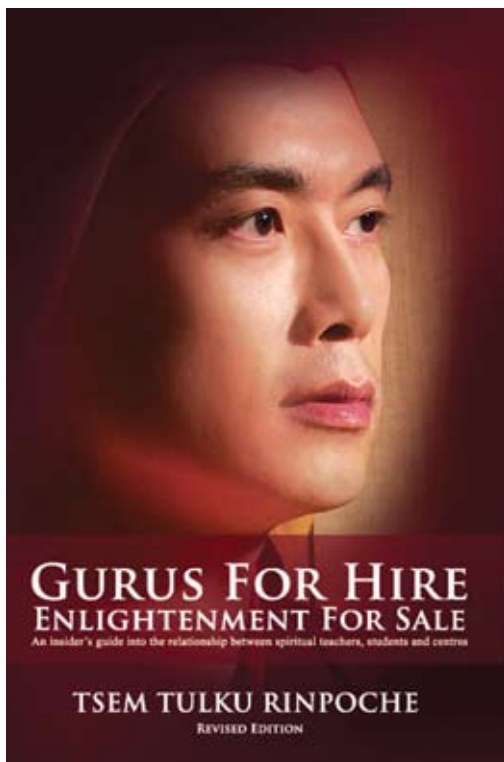
To get a better insight into the book, Apprentice Liaison James Long and celebrity MC Jiang Pei Pei led short interviews with Eric during the launch.



The book launch brought together the city's most exciting, fashionable people, who all had the opportunity to see, for the first time, the spiritual side of Eric Choong.

KMP'S LATEST GLOBAL OFFERING

THE RELEASE OF THEIR NEWEST BOOK, A REVISED EDITION OF *GURUS FOR HIRE, ENLIGHTENMENT FOR SALE*, CATAPULTS KMP INTO THE INTERNATIONAL PUBLISHING SCENE. WE TAKE A LOOK AT WHY THIS BOOK IS SO SPECIAL.



Borne out of a three-day teaching which H.E. Tsem Tulku Rinpoche gave in late 2007, *Gurus for Hire, Enlightenment for Sale* is the first book of its kind, providing an insider's guide to the tricky path of spirituality, its politics, its highs and lows, and how to navigate our way through the complex spiritual scene.

The revised edition, which includes additional material from Rinpoche's other wonderful teachings about Guru Devotion and spiritual practice, will be launched internationally for the first time. Kechara Media & Publications will be participating in the London Book Fair in April, and launching the book simultaneously in London. A big launch in Malaysia is also being planned. Watch out for the next issue of *nmc* for all the exciting news of their first foray into the global publishing scene!

All the teachings in the book are based on Rinpoche's own personal experiences in Dharma centres since he was a child. He studied Dharma in

American Dharma centres, served his root Guru H.H. Zong Rinpoche as a personal attendant, left America to join Gaden Shartse Monastery in India as a monk and taught in countless Dharma centres throughout the Southeast Asian region.

Now, he brings all the "lessons" learnt from working, studying and teaching in these centres and shares the wisdom of spirituality with us, the contemporary Dharma practitioner. This wonderful guide provides everything you need to know about pursuing Dharma practice, working in a centre and ultimately, being true to your enlightened potential.

Before the book is officially launched, have a sneak peek into some of the most profound and touching teachings of this book, below.

For more information about KMP's books and products, visit kechara.com/kmp

I was doing my mantras on the streets. I was doing mantras walking back and forth to school. Whether we do it or not is not because of our obstacles. It is our commitment. If we are not committed people, we will allow ourselves to say, "No, I won't."

How strong our commitment is, is how much we want it. How much we want it depends on us realising the value of what we are doing. Understanding the value of what we are doing 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 we do not do this, we and others that we love will suffer. It all comes back to the self-cherishing mind.

From the chapter, "Spiritual Conviction, Spiritual Commitment"

Let me tell you a secret. The real reason we have a Guru is for him to scold us, to tell us off, to point out our weaknesses, to tell us ugly things, to tell us things we don't like to hear, to push us to do things we do not want to do, to make us achieve something we did not think we could.

From the chapter, "Why We Need a Guru"

Be happy to suffer for others. Be happy to attend meetings, Dharma talks and *pujas* for others. Be happy to fight for others. Be happy to be patient for others. Be happy to participate for others. Teachings can be difficult – they are long, they make us sleepy, sometimes they criticise or hurt us, but when we attend teachings and we stay awake out of compassion, we collect merit, because we are attending the teachings for others and we are "suffering" for others.

From the chapter, "Serving the Dharma Centre"

I took refuge when I was 10 or 11 years old and I have held my vows until now. I never lost any of my freedom. I was jumping around all over Los Angeles in the clubs, as a teenager. I never lost any of my freedom!

You should remember who you are committing to – the Buddha, the Dharma and the *Sangha*. Once you take the vows, you are not entailed to do anything except to be the best person you can be.

From the chapter, "Refuge: Freedom"

THE IMPORTANCE OF BEING LEARNED

A REGULAR PARTICIPANT IN KECHARA'S *LAMRIM* CLASSES SHARES HOW THIS MOST SACRED TEXT BRINGS US FROM HERE TO ENLIGHTENMENT.

By Loo Leat Thium



The *Lamrim* classes encourage lots of discussion between the students.

We may ask how we should learn the Buddhadharmas systematically, in a way that is more structured than what we hear from friends or read from the abundance of books in the market.

We may tend to jump to the conclusion that we want to do higher practices before we have even built up our foundation on the very basics of Buddha's teachings. We think this is too low a standard for us, as adults, or as someone who has been so successful in our careers.

I was fortunate enough to be allowed to join the *Lamrim* class upon my request, even though the course had already covered about twenty sessions of the course already.

The classes are conducted at our centre, Kechara House, every Friday by Mr. Ngeow, a senior student and Liaison to our Lama H.E. Tsem Tulku Rinpoche. The classes' aim is to teach Dharma to new students and to provide the foundation for developing future Dharma teachers right here in Malaysia.

With a firm understanding of Dharma, students and future Dharma teachers will be able to bring Dharma and our Lama's works to others more effectively. At the very least, they will be able to help others more based on a correct Buddhist perspective.

The *Lamrim*, or *Graded Steps of the Path to Enlightenment*, is an ancient text passed down from a renowned Indian master Atisha, one of the most instrumental figures in bringing Dharma from India to Tibet.

The text used in our class is *Liberation in the Palm of Your Hand* by H.H. Kyabje Pabongka Rinpoche, as recommended by Tsem Rinpoche. It was compiled from a discourse he gave to 700 monks, nuns and laypeople in Tibet in 1921. It is a very clear text and includes many examples to suit

the modern era we live in. H.H. Pabongka Rinpoche was one of the most renowned Gurus in the Gelugpa lineage to teach the *Lamrim*; he was also known as "Lamrim Rinpoche".

The *Lamrim* is equivalent to a "handbook" which can be practised by modern people to improve their lives. Even if we browse briefly through it, we see a clear overview of the whole structure of practices, which caters for total newbies to advanced learners. It clearly outlines each step and the "tools" needed to effect transformation within ourselves.

WHAT THE CLASS IS LIKE

Prior to coming to the class, students are emailed the chapter to be studied and given a few questions to contemplate. This is designed to help students pick out the meaning of the text, rather than to focus only on the words of the text.

The facilitator Mr. Ngeow briefly goes through the text with students and gives some comments to clear up difficult points or doubts that arise. Students then break up into small groups to discuss the topic at hand and are encouraged to present their views and experiences in relation to the questions posed.

The fun part comes when someone's view turns into a debate among students. It seems like there is never enough time for everyone to

share their thoughts.

The benefit of attending such a class is that we can learn Dharma systematically, in the way it is taught by major monasteries in Tibet. Many people may have some knowledge from books that they have read previously or from Dharma talks they have attended but they will have difficulty putting the bits and pieces of knowledge together to form a bigger picture.

By taking the step-by-step approach outlined in the *Lamrim*, every new piece of knowledge we gain is built upon a strong foundation. This solid foundation prepares us for higher practices and instructions assigned by our Lama.

We also cultivate an open mind, develop humility and practise patience by listening to each other's views. I have realised that who we think is the most unlikely person within the group can sometimes provide a better answer than the rest. Through exchanging views with each other we can thus improve our own knowledge and polish our spoken skills.

When we gain a firm understanding of the Dharma, our faith in the Three Jewels also increases; this leads us to yearning for more knowledge to improve ourselves and be in a better position to help others.



All the lessons are structured and based on Pabongka Rinpoche's excellent teachings in *Liberation in the Palm of Your Hand*.

- The *Lamrim* classes are held every Friday. It is open only to students who have committed to following the whole course.
 - Introductory *Lamrim* classes are held on alternate Sundays during our weekly Manjushri classes, which are open to all.
- i** For more information about any of the *Lamrim* classes or to find out when the next cycle of the *Lamrim* course will commence, please contact course facilitator Liaison Ngeow at +60 12 605 2996

KECHARA PARADISE GOES NATIONAL!

RECENT OUTLET EXHIBITIONS IN PENANG AND MELAKA INTRODUCE KECHARA AND DHARMA TO THE COUNTRY.

Our four Kechara Dharma outlets in the Klang Valley have never been just shops. Instead, they are there to bring the huge benefit of Dharma to others, and to introduce Malaysians to the many works of Kechara's 12 departments. Now, they're venturing out of the Klang valley and into other prominent Malaysian cities.



Road shows like these provide the opportunity for Malaysians around the country to meet Kechara, share Dharma and find out what we do.



Kechara transformed the Caring Society of Penang into a celestial paradise! A beautiful stage featuring a three-foot Lama Tsongkhapa statue and stunning thangkas caught every shopper's eye.



Kechara Media & Publications had their own vibrant, catchy booth at the road show to showcase their books and DVDs, and share Rinpoche's teachings with Malaysians up north.

KECHARA GOES NORTH!

On January 3 and 4, Kechara Paradise Outlets held an exhibition and sale of Tibetan arts and crafts at the Caring Society in Penang, where Kechara outlets staff and volunteers transformed a simple hall into a Malaysian Kechara paradise!

With awareness raised from a full page advertisement in a local Chinese newspaper and billboards at prominent positions around Penang, a steady stream of curious visitors came to marvel at Kechara's range of exquisite items. The outlets also kindly invited

KMP to participate and to showcase their range of books and DVDs.

Many could not resist taking home something from the exhibition – a wealth vase from the outlets, a KMP DVD or a statue painted by Kechara Saraswati Arts – and Penangites had the chance to meet the Kechara organisation for the first time.

Kechara Paradise will soon be opening a 5th branch in Penang. Watch out for more news soon!

KECHARA IN MELAKA

After the success of the Penang promotion, Kechara Paradise organised another promotional event in Melaka, at the popular Dataran Pahlawan Melaka Megamall right in the heart of the famous historical city. The space was kindly sponsored by a student of H.E. Tsem Tulku Rinpoche, Dato' Eric Tan, who built the mall.

Amongst the Chinese New Year shoppers were a few of Rinpoche's first students in Malaysia, Mama Juliet and her sisters, Jessie and Jezamine Lai, and Adeline Tan. Members of Kechara Southern Jewel Chapel (KSJC) even drove up from Johor to visit us!

Liaisons, outlet staff and volunteers all drove down to support the outlets, demonstrating wonderful inter-departmental harmony as Rinpoche has always encouraged.

As James Long, KSA Apprentice Liaison and regular volunteer at the outlets, summed up, "It's been a fantastic experience and a good starting point for us to venture out of KL to benefit more people. From Penang and Melaka, our next step is the world!"



Happy shoppers stop by for blessings from our many beautiful Buddhas.

HELPING OUR FOUR-LEGGED FRIENDS

H.E. TSEM TULKU RINPOCHE AND KECHARA'S RECENT SUPPORT OF THE KATHMANDU ANIMAL TREATMENT CENTRE CREATES THE CAUSE FOR STARTING OUR OWN ANIMAL SANCTUARY.



Helping and caring for animals is one of the best ways for us to practise kindness, especially for beings that have no voice and are totally dependent on us for help and relief.

Our Lama H.E. Tsem Tulku Rinpoche and Kechara are now supporting the wonderful work of the Kathmandu Animal Treatment (KAT) Centre, to help stray and injured dogs on the streets of Kathmandu.

It is our deepest wish that we can set up an animal sanctuary like that here in Malaysia, to bring greater relief to abused, abandoned and injured animals. Working with existing animal centres like KAT and learning from them is the first step towards realising this goal.

H.E. Tsem Tulku Rinpoche and Lucy, one of the KAT centre's permanent residents.

HOW IS KECHARA HELPING KAT?

Though we can't be there physically, Kechara is supporting KAT's works in a variety of ways:



Rinpoche sponsored two kennels for a year, one of which was on behalf of the Kechara organisation. The monetary contribution from this goes towards KAT's very valuable work of treating injured and stray animals; it includes food, lodging and medicines for all animals that come through KAT's doors.

Rinpoche was keen to help KAT with their marketing efforts as Rinpoche had driven past KAT many times but not noticed it. In an effort to help promote their centre, Rinpoche kindly sponsored two big, new signboards, to be placed at the centre's entrance. This is with the hope that it'll catch more passersby's attention and encourage greater interest in the centre.

While we were in Kathmandu recently, Rinpoche and some of the Liaisons went on a massive shopping spree to purchase items that KAT had on their wish list, including cleaning materials, dog bowls and chains, cooking items for the dogs' food and stationery.

At the same time, we are helping to source medicines that KAT needs to treat the animals, which they cannot obtain in Nepal. This is medication that is very effective for treating mange and skin infections, which is the predominant problem suffered by Kathmandu street dogs.

Now that we're back in Malaysia, Kechara is still maintaining close contact with the KAT centre and finding ways to support their work from afar.

If you would like to support KAT's work in any way through the Kechara organisation, please contact Associate Liaison Jamie Khoo on +60 12 370 9567 or email jamie.khoo@kechara.com

WHAT DOES KAT DO?

KAT strives to lessen the suffering of the huge stray animal population of Kathmandu, Nepal. They run:

- birth control programmes
- education and awareness programmes to teach local communities how to care for animals
- anti-rabies vaccination programmes
- rescue missions (to rescue and heal severely injured animals)

i Read more about their wonderful work at www.katcentre.org.np



Making light offerings accrues vast amounts of merit to support our study and understanding of Dharma.



CANDLES FOR CLARITY: THE PRACTICE OF BUTTERLAMP OFFERINGS

LIGHT YOUR WAY TO WISDOM WITH THIS SACRED PRACTICE OF MAKING BUTTERLAMP OFFERINGS.

As we travel along the path to Enlightenment, we need a great amount of wisdom to understand the Dharma, absorb it and apply it to our lives. It is such an important part of our spiritual journey, that one of the preliminary practices is directly connected to this attainment of wisdom.

It is H.E. Tsem Tulku Rinpoche's wish that everyone can engage in this practice, especially to make vast offerings to the Three Jewels. Rinpoche explains that butterlamp offerings are key in helping us to lift the darkness of ignorance and gain wisdom. By making the offerings, we collect merit and create the karmic causes for us to receive and understand the teachings, to lead ourselves and others to happiness. It is also one of the preliminary practices, which help us to create the merit we need to prepare for and support higher practices.

Making any kind of offering with a superior motivation to the Three Jewels also helps us to develop a more generous mind and counter stinginess. This is not just about money, but about developing a mind that is more able, generous and willing to continuously be of benefit to others.



Rinpoche personally makes butterlamp offerings every day at Tsem Ladrang whenever he is in Kathmandu.

H.E. Tsem Tulku Rinpoche's 100,000 Butterlamp Offering Retreat at Tsem Ladrang, Kathmandu

For the first time, Rinpoche is engaging in a retreat to complete 100,000 butterlamp offerings. Every single day, in Tsem Ladrang, Kathmandu, 550 butterlamps are prepared and lit as part of this retreat, which Rinpoche is dedicating to the success of all Kechara activities in Nepal and Malaysia.

A special butterlamp house was built towards the



BE A PART OF THIS PUJA, WHEREVER YOU ARE

You can also be a part of this very sacred retreat. Though you can't physically be at Tsem Ladrang, Kathmandu to light the daily offerings, sponsoring the offerings is considered the same. The effort you put into working hard and earning the money that you contribute to these offerings, is equivalent to doing the physical work of setting up and making the offerings yourself.

As this retreat is dedicated towards the growth of Dharma in Nepal and everywhere in the world, your contribution goes directly towards creating the causes for this to manifest and to be of tremendous benefit to others.

Tsem Ladrang would like to invite everyone to contribute to this retreat, or

to do your own retreat, for your spiritual practice or in dedication of loved ones.

You can sponsor one day, week or month of the retreat, or a certain number of butterlamps. You could then choose to dedicate your contribution towards your Dharma work and practice, for family, projects, businesses or even to commemorate special occasions such as birthdays and anniversaries. You could even engage in a full 100,000 butterlamp offering retreat, as part of your preliminary practices.

For more information about contributing towards this retreat, or how to do your own retreat, please contact Ladrang Liaison Beng Kooi on beng.ooi@kechara.com or call +60 12 313 0489

back of the Kathmandu Ladrang to house over 1100 butterlamps. A Vajrayogini statue is also housed within, so these offerings are made directly to her. The retreat will take approximately six months.

As the offerings are made to Vajrayogini, who Rinpoche explains is the most efficacious and beneficial Buddha for our time, we directly create the causes to receive her practice and gain her exalted enlightened state in the future.



A Modern Butterlamp Retreat for Contemporary Practitioners

A traditional butterlamp retreat requires the practitioner to fully prepare and light the candles every day. This includes cleaning the vessels, preparing the wax (or butter) and filling the butterlamps. Before, during and after we light the butterlamps, we recite prayers or mantras prescribed by our Lama, and maintain a pure motivation. (Full details of how to do a traditional butterlamp retreat can be read on www.kechara.com)

However, with our many commitments and activities in the modern world, it may be difficult for us to engage fully in a butterlamp retreat as outlined above.

H.E. Tsem Tulku Rinpoche has advised that instead of physically doing the retreat, we can also sponsor a retreat or hire people to do the physical preparation of the butterlamps instead.

This benefits both parties:

- The person who sponsors the full cost of the retreat benefits because he directs the money he earns from hard work and effort towards the virtuous act of making offerings.
- The person who physically prepares and lights the butterlamps also benefits because he is doing work in relation to The Three Jewels. Instead of earning money in an ordinary job on the outside, he is engaging in good Dharma work instead.

If we wish to sponsor a butterlamp retreat, the money we put towards it should come from a clean source i.e. we should not have obtained the money through negative means (such as from a slaughter-house business, drug trafficking, robbery etc). We offer the money towards the retreat with a good, strong motivation that this retreat is for us to gain wisdom, skilful means and attainments that can benefit others.

Sponsoring a retreat not only benefits yourself, family and loved ones but also contributes to the vast number of works and Dharma activities that these butterlamp retreats are dedicated to.

Thanks to the kindness of our Lama, a butterlamp house has been built in Tsem Ladrang, Kathmandu, giving us this wonderful opportunity to engage in a retreat without having to be there physically. Please contact Ladrang Liaison Beng Kooi for more information.

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 timetable below 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 +603 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 kechara.com/ksa or contact Apprentice Liaison James Long on +60 12 772 0289



KECHARA SOUP KITCHEN

Engage in deeply rewarding community work with KSK by going on their food distribution rounds every Saturday or Sunday to donate food to KL's homeless and urban poor.

Find out more at kechara.com/ksk or contact Justin Cheah on +60 12 209 3813

FUNDRAISERS AND SOCIAL EVENTS

Let your hair down for a good cause at our fundraiser 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@kechara.com



KECHARA HOUSE WEEKLY SCHEDULE

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

Monday
8 – 10 pm

Setrap Puja (KH2)

Tuesday
8 - 10pm

Setrap Puja in Mandarin (KH2)

Wednesday
8 – 10 pm
8 – 10 pm

Medicine Buddha Puja (KH2)
Dzambala Puja (KH2)

Thursday:
8 – 10 pm

Guru Yoga and Migtsema recitation (KH2)

Friday
8 – 10.30 pm

Lamrim Class (KH1)

Sunday
2 – 4.30 pm
2 – 3 pm
3 – 5 pm
4.30 – approx 8pm

Manjushri Class (KH1)
Manjushri Kids' Class (KH2)
Chinese Manjushri Class
Kechara Soup Kitchen (starting @ KH2)

Mon - Sat
2 – 10pm

Volunteer at Kechara Saraswati Arts