

The Kechara in-house quarterly newsletter

 **KECHARA**
A Tsem Tulku Buddhist Organisation

no more caves

Jan - Mar 2010

**THE GRAND SETRAP
& DZAMBALA PUJA 2010**

**CREATING INFINITE BLESSINGS
AT THE NEW TSEM LADRANG**

**KECHARA'S GLOBAL REACH:
MEET OUR INTERNATIONAL FRIENDS**

**WORLD'S FIRST-EVER
TSONGKHAPA DANCE MUSICAL**

DATUK MAY PHNG
BRINGING DHARMA TO THE FORE

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EDITOR'S NOTE

Dear Readers,

HAPPY NEW YEAR! Here's wishing you fantastic months ahead and lots of attainments for the next 12 months.

We start the New Year by bringing you an issue packed with inspirational articles about the people who are making a massive difference and changing the landscape of spirituality in the region. Do check out our cover story on pages 8 & 9 about Datuk May Phng, an extraordinary lady who brings Dharma alive in her every action, word and thought – from her family, to her business, and even to her title.

Have a look also at our two new sections about the fantastic people who make Kechara what it is. The first, on page 12, introduces Kechara's friends around the world who share how Dharma has literally changed their lives; the second, on page 13, features the silent heroes behind the scenes who support Dharma by their sponsorship as well as time, volunteerism and love.

Throughout 2010, may we create many more waves of inspiration and benefit around the world, to effect meaningful change and make people smile more, wherever they are.

Have a great year ahead!

With love, prayers and lots of confetti,

Jamie xx



twitter Quotes

WEB WISDOM FROM H.E. TSEM TULKU RINPOCHE

The more advanced your attainments are, the stronger your concern for others will naturally arise.

You are not doing anyone a favour when you volunteer for a charity. So be humble. In fact they are helping you to be human.

When you believe in Buddha truly, it just means you also believe in your true potential. Then taking refuge takes on positive dimensions.

How do you check if your practice, meditation and contemplations are bearing fruits? You check how much you think of others and ACTUALLY DO SOMETHING.

Being humble and accepting that you are not enlightened is not a put down or that you can't be. It's just being honest for who you are AT THE MOMENT.

Love the wisdom? "Follow" Rinpoche on Twitter and have instant wisdom delivered to you every day. Check out www.twitter.com/tsemtulku and start tweeting!

CONTACTS

We want to hear from you!

no more caves 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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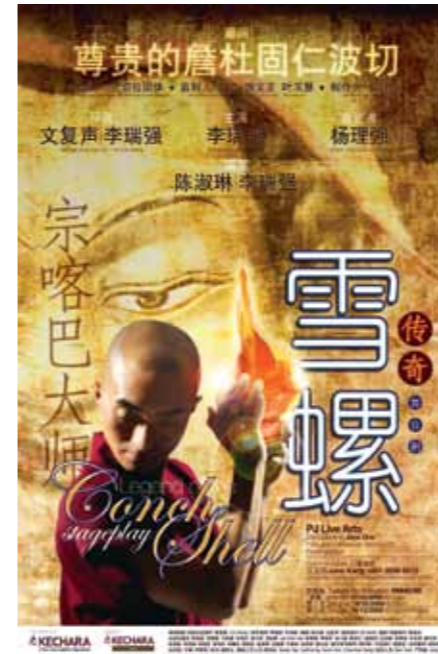
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CELEBRATING THE LIFE OF THE SECOND BUDDHA

Bringing Lama Tsongkhapa alive on stage in Kechara's first theatre production.



The Legend of the Conch Shell, the first ever stage play on the life and legacy of the iconic Buddhist saint, Lama Tsongkhapa, was produced by Kechara House (a first time theatre venture for the organisation) and was an astounding success in its run from 17-19 December 2009 at the Petaling Jaya Live Arts Centre (PJLA).

Inspired by H.E. Tsem Tulku Rinpoche, who introduced the sacred lineage of Lama Tsongkhapa to the Kechara Buddhist organisation in Malaysia, a few of Rinpoche's senior students took up the challenge to produce the performance of this historical epic, combining contemporary dance and drama. Spearheaded by Liaisons Ngeow Voon Chin, Yap Yoke Fui and Kok Yek Yee, the project enlisted two well-respected and renowned figures of the theatrical circle.

The Director, Woon Fook Sen, is well-known in the theatrical community for his professionalism and dedication. He was backed by a talented cast and crew, which included the popular artistic dancer Lee Swee Keong, well-known celebrity fashion designers Bill Keith, Eric Choong and others. Under Woon's skilful direction, a whole new approach in theatre was embraced to depict the unparalleled story of a great reformist in the history of Tibetan Buddhism.

Swee Keong had been a natural choice to participate in this stage play. Swee Keong is an exponent of the Japanese "Nyoba Kan" dance but broke away from his usual dance style to interpret the free and uninhibited Tibetan style of dance for this performance. As the choreographer and lead dancer in this production, he expressed that *The Legend of the Conch Shell* was a new and exciting experience which stretched his imagination and dancing skills to the limit.

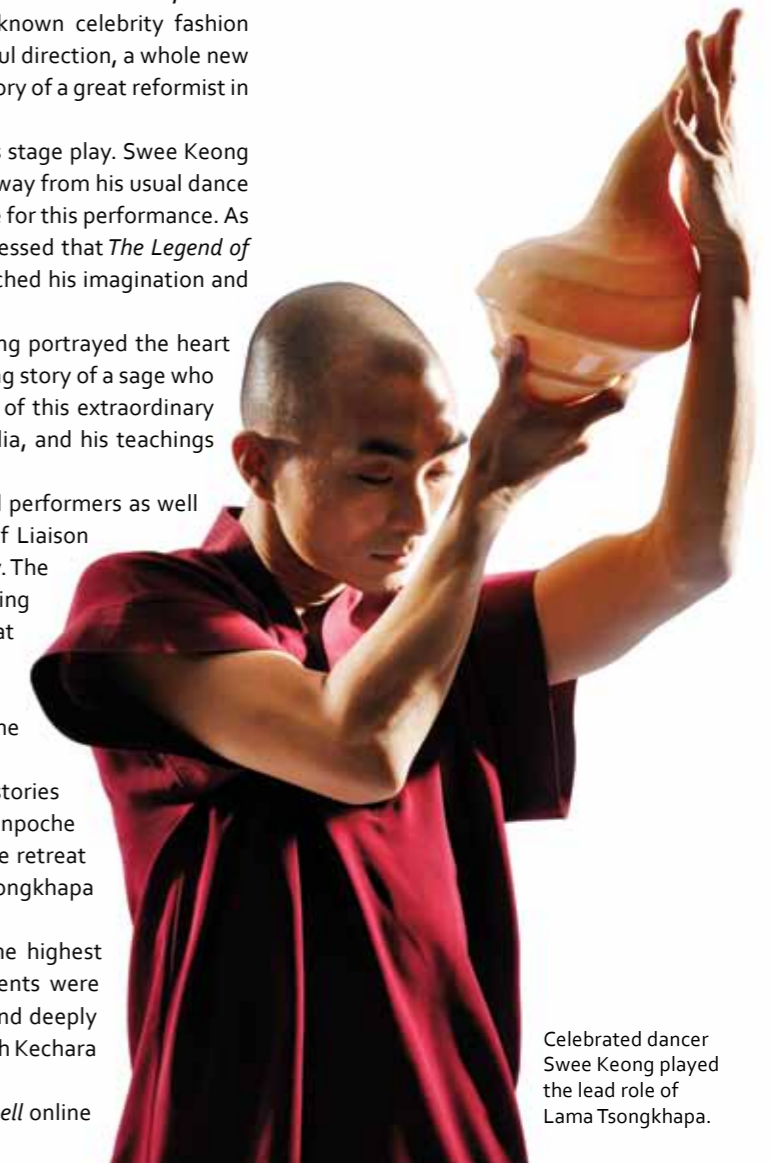
Playing the main role of Lama Tsongkhapa, Lee Swee Keong portrayed the heart and soul of the play, bringing to life the magnificent and inspiring story of a sage who was often known as the "Second Buddha". The life and works of this extraordinary being has been compared only to the historical Buddha of India, and his teachings continue to be upheld today by thousands the world over.

The production was unusual in that it included professional performers as well as Kechara members, including Edward Ooi, the young son of Liaison Henry Ooi. He played Lama Tsongkhapa as a seven-year-old boy. The whole production team and crew spent many months rehearsing for the show which paid off with the stunning performances that enchanted many. The Tsongkhapa stage play team dedicated their efforts to the growth of H.E. Tsem Tulku Rinpoche's vision to spread the lineage of Lama Tsongkhapa to this region and the world.

The Legend of the Conch Shell connected the many inspiring stories of Lama Tsongkhapa's life to the incredible work of Tsem Rinpoche today. The play itself closed with a birds' eye view of our future retreat centre, a symbol that the sacred teachings and lineage of Tsongkhapa continue to thrive today, right here in Malaysia.

The simple message of one person's journey to realise the highest human potential, his adventures, triumphs and accomplishments were awe-inspiring. The story brought some tears to the audience and deeply inspired many to become a part of the continuing legacy, through Kechara House, our retreat centre and beyond.

Read more about the success of *The Legend of the Conch Shell* online at www.kechara.com



Celebrated dancer Swee Keong played the lead role of Lama Tsongkhapa.



A stunning view of the stage, altar and hundreds of light offerings.

WALK THROUGH A GARDEN OF PROTECTION AND WEALTH

This year's Grand Setrap Puja promises many great benefits for the New Year. Here's a sneak peek into all the goodness that awaits you.

Gathering Abundance for 2010

To help you clear obstacles and improve your luck, wealth and prosperity for the New Year 2010, Kechara House Buddhist Association is organising its annual public Setrap & Dzambala Puja. There, we'll be sharing the 1,000-year-old sacred practice of making *Serkym* offerings, a powerful method for clearing obstacles in the year ahead and inviting positive energy. There will also be opportunities to "bathe" and make offerings to Lord Dzambala, the Buddha of Wealth, to increase your wealth and improve your business for the coming year.

A Special Opportunity

Don't miss this once-a-year chance to collect vast merit, which can be dedicated to the success of all your activities in the coming year and to the good health, long life and happiness of your loved ones!

We would like to invite you to participate in one of our sponsorship programmes this year. The merit accrued will be dedicated to you and your loved ones for a wonderful, successful and enlightening year ahead.

And of course, don't forget to come see us, learn and participate in the *pujas* themselves to generate plenty more positive energy!

■ Candle Offerings RM5

Everyone is invited to make candle offerings to Setrap and Dzambala, which will be dedicated to clear obstacles. Just as light dispels darkness, making light offerings dispels ignorance and opens our mind to great wisdom and clarity, which helps us to successfully handle many situations for a positive outcome.

■ Personal Puja RM138

Sponsoring a RM138 personal *puja* invokes Setrap and Dzambala's power to clear worldly obstacles for a happy family life, great relationships and a successful career.

■ Corporate Puja RM888

A special sponsorship that is ideal for companies to gain merits and clear obstacles for a smooth and bountiful year ahead in business.

■ Gold Puja RM10,000

The Grand Setrap & Dzambala Puja 2010 gives you this very rare opportunity to be one of our Gold Sponsors, dedicated to yourself, family and loved ones. With this *puja*, you will collect limitless merits to invite great success in all your endeavours and avert countless worldly obstacles. Sponsors will also receive a beautiful, blessed 9" Tara statue.

Who is Setrap?

Lord Setrap is the enlightened Dharma Protector of the illustrious 600-year-old Gaden Shartse Monastery. Doing his practice can help us to:

- receive extremely swift help to clear obstacles
- gain tremendous merit, good health and wealth
- receive powerful protection against negativity, spirits and black magic

Who is Dzambala?

Dzambala is the Buddha of Inner and Outer Wealth, who helps us to attain both physical wealth and the abundance of spiritual attainments. His practice is very efficacious for:

- increasing personal wealth and business
- providing resources – intellectual, emotional, financial, materials, ideas, awareness
- developing generosity and kindness, and destroying miserliness

Boundless offerings

There will be many opportunities throughout the two-day *puja* to make numerous offerings of various kinds to the Buddhas, including: candles, food, flower, incense, water, pearl, *khata* (traditional Tibetan silk scarves symbolising our prayers) and *Serkym* (Golden Drink offering to Dharma Protectors). Along with the offerings, you are invited to make many personal prayers and good wishes for 2010!

Full details of the Grand Setrap & Dzambala Puja 2010 can be found on the back of this newsletter.



Introducing Malaysians to the sacred practice of making *Serkym* offerings.

Reliving the Grand Setrap Puja 2008 / 2009

Held over a weekend in early December 2008, Kechara's first ever Grand Setrap Puja at the Chinese Assembly Hall in Kuala Lumpur introduced the very sacred practice of our Dharma Protector Setrap to over 700 Malaysians.

The *puja* gave guests the opportunity to do prayers for the coming year of 2009, for protection, clearance of obstacles and auspiciousness. Participants joined four Setrap *pujas* (conducted in Mandarin) and forums, where Kechara members shared their personal experiences with Setrap's practice.

All departments of Kechara were also there to share their Dharma work and activities with the many people who came through the doors. There was something

for everyone, from traditional Himalayan artwork, to innovative new books and media, to painting competitions for children, to exciting raffle draws. As always, the *puja* showed Malaysians the accessibility and varied methods of engaging in Dharma practice.

The otherwise simple hall had been transformed into a spectacular, celestial haven by our very own Liaison Bill Keith and huge groups of volunteers who spent days doing the decorations and setting up the different stalls.

The hard work paid off – from this weekend *puja*, many were inspired to make offerings, join in the events and become more involved in spiritual practice and work.



Last year's Grand Setrap Puja was a beautiful arrangement of colour and light.

What they thought

"Last year's Grand Setrap Puja was my first encounter with Setrap. The whole hall had been done up very well and there was a very good atmosphere. After that *puja*, I started attending Kechara's Setrap *pujas* every week!"

- Kelvin Kok Bon Chua, 41, Businessman

"The whole event was very beautiful. It brought everyone in Kechara together; it was very much like a family gathering."

- Howie Loh, 26, TV Producer

"I had been attending Setrap *pujas* at Kechara House for some time, but the Grand Setrap Puja last year gave me a chance to learn a lot more about Setrap and his practice."

- Seow We Chard, 30, IT Manager

"I loved how the Chinese Assembly Hall was transformed into such a beautiful, holy place. It would be very good if we can do this every year."

- Dr. Ng Heng Yan, 33, Vet

NO ORDINARY BUILDING

It's one thing building and renovating a house...



The first room visitors come across is the waiting room, which is well equipped with pantry facilities and even an entertainment system for guests to relax and feel comfortable.

...and it's an entirely different thing building and renovating a Ladrang!

Ladrangs, the household and private "office" of a Lama, are staffed by Dharma students who take care of the Lama's secular matters so that he can focus solely on teaching and spreading the Dharma.

As such, Ladrangs need to be fully equipped to deal with the often mundane and day-to-day rigours of relieving a Lama from secular matters. These secular matters can be anything from caring for his personal needs, finances and correspondence, to arranging for audiences and preparing for Dharma teachings. Being properly equipped helps to expedite such work.

Since H.E. Tsem Tulku Rinpoche's work and impact is growing so quickly, Ladrang Liaisons recognised a need for Rinpoche to have larger premises to live in and work out of. Thus began the search for appropriate premises, which a generous sponsor found and very kindly offered up to Rinpoche.

The Ladrang project was spearheaded by Head Liaison of Tsem Ladrang JP Thong. After nine months of extensive renovations, a most wonderful building – purpose-built to help Rinpoche spread Lama Tsongkhapa's tradition – has arisen. Every aspect and facet of the Ladrang has been carefully considered, so that the Ladrang is able to fully support Rinpoche's work to benefit others.

Of course, none of this would have been possible without kind sponsors, brought to Rinpoche by the blessings of the Three Jewels. Their generosity is helping Rinpoche to continue turning the wheel of Dharma.

May the opening of the new Tsem Ladrang be the beginning of bigger and greater things to come, and may the benefits that Rinpoche has brought to so many of us also touch the lives of many more sentient beings.

Here, we take a visual tour of this most stunning new Ladrang to learn how every corner of the new premises has been built solely for the benefit of others...

Creating the causes for our animal sanctuary with the bird aviary, which has been decorated and decked out with toys, feeding trays and perches to keep the birds comfortable.



WELCOME TO TSEM LADRANG

RIGHT: The Ladrang's main prayer hall, featuring 208 Lama Tsongkhapa statues in very special niches all along one massive wall and a 7ft statue of Rinpoche's previous life. Extensive offerings and prayers will be done daily here, in dedication of the entire Kechara organisation's continuing work and success.



BELOW: The main audience room, where Rinpoche will receive many guests and hold private audiences, consultations and Dharma teachings.



BELOW: The conference room, equipped for Liaisons and Heads of Department meetings.



ABOVE: As the Ladrang kitchen is set to cater for both the Ladrang staff and many guests, it has been fully equipped with industrial-sized refrigerators, freezers and extensive cooking facilities.

LEFT: Operations in the gift room are already in full swing. One of Rinpoche's favourite "departments" in the Ladrang, the gift section connects Rinpoche to thousands of people by sending out hundreds of Dharma gifts on a daily basis.



BELOW: The general administrative area for volunteers to work in. Offices are fully wi-fi enabled and every corner of the working areas has been intricately planned to maximise productivity.



ABOVE: The first dinner hosted in the new Ladrang at the huge dining room!

LEFT: Rinpoche placing a statue of H.H. Kyabje Zong Rinpoche on the main altar of the Ladrang.



BELOW: The e-division room, also named the 1000-Armed Chenrezig for its ability to reach many people through its diverse online work.





Datuk May Phng, on the day that she was bestowed her title.



As Director of Operations of Tsem Ladrang, Datuk works very directly with all Kechara departments.

AN EXTRAORDINARY JOURNEY

How one of Malaysia's more accomplished businesswomen is putting her heart into the most precious investment of her life – her Dharma practice.

It all began with a close friendship with Liaison JP Thong of Tsem Ladrang, who continuously insisted that she should attend one of H.E. Tsem Tulku Rinpoche's talks. Datuk May Phng finally acquiesced and very publically challenged Rinpoche to answer her questions (this debate was captured on camera and is one of Kechara's most-watched YouTube videos titled "I Love Myself!").

Datuk later attended a land blessing ceremony at the site of Tsem Kachö Ling where, under an auspicious drizzle, she was gifted a Lama Tsongkhapa statue by Rinpoche. Unaware of its significance and keen to escape the rain, Datuk May reluctantly accepted the statue... little did she know it was to be the first of many statues she would invite home!

After the land blessing ceremony, Datuk was frequently away on business in Shanghai. Knowing her busy schedule, JP arranged for Datuk to attend an intimate audience with Rinpoche along with a few other people. Datuk May received a teaching on karma which she said blew her mind away. After that, she clamoured for more but with Rinpoche's infrequent teachings and Datuk often away on business, it wasn't easy for her to get her wish.

So when it was announced that there would be a Nepal pilgrimage in October 2008, JP saw an opportunity for her to meet Rinpoche regularly and receive more teachings. When JP mentioned the trip to her, Datuk was eager to go... until she heard there was a prerequisite which involved a talk held a few days before the pilgrimage departed from Malaysia.

Datuk, who was in Shanghai at the time, said she couldn't make it back for the pre-trip talk. JP encouraged her to try, telling her that he knew the kind of person she was – tenacious to the core. If she wanted something, she would find a way to get it.

JP was right. Datuk May rescheduled her flight back to Malaysia, attended the talk and went on the pilgrimage.

A Phenomenal Commitment

It was in Nepal when, convinced by the sincerity of Rinpoche, JP and the Kechara group, Datuk May experienced her turning point. Every morning, on her way to breakfast, she had to walk past Rinpoche's room where he would be having his breakfast. They would



Datuk and her husband, at their daughter's wedding.



Datuk and her family.

have short chats and he would impart some Dharma. These talks left a deep impression on Datuk May.

Rinpoche noticed the change in her, and announced that she needed to return to Nepal. Later that year, JP took her back and she became even more convinced that something had to be done to help spread Rinpoche's teachings.

After that second trip, Datuk was offered the role of Director of Operations and Fund-Raising for Tsem Ladrang, a position that well-suited a lady of her capabilities and interests. She immediately threw herself into Dharma work – never doubting Rinpoche's motivation. Datuk May had always wanted to do Dharma work but she hadn't wanted to give up providing for her family. When Rinpoche told her that she did not have to abandon one for the other and that, in fact, both were inseparable, Datuk May accepted Dharma completely.

In the short time that Datuk has been with Kechara, her transformation has been phenomenal. She is now a Liaison and devotes herself to Kechara, using every opportunity to bring Dharma into other people's lives. Taking it upon herself to

bring her Guru's teachings to the world, Datuk has introduced highly qualified, highly intelligent people into the Kechara fold, beginning with her own daughter, Li Kim who has become the CEO of Kechara Media & Publications.

Opening New Doors

A highly accomplished businesswoman, May was already offered a Datukship nearly a decade ago. Not needing external recognition for her accomplishments, she graciously declined the offer.

So when Rinpoche asked her to pursue a Datukship again, she was resistant; she reasoned she had everything she wanted in life and since nothing was missing without the title, there was no need for it.

However, Rinpoche pointed out that she could help many people and that numerous doors would open with a Datukship. A devoted student, with her Guru always in her heart and mind, Datuk May agreed to accept the title. On October 10, 2009, May Phng was awarded the title of Datuk; she dedicated her title to the growth of Kechara, and to the spread of her Guru's teachings and his long life.

Immediately after the investiture,

celebrations and acknowledgements began for Datuk's transformation, and her letting go of personal preferences for a bigger goal that benefits others. Ladrang representatives surprised Datuk with a thank-you dinner, where she also received the blessings and congratulations of her Guru.

On behalf of Kechara, and all of the people she will benefit in the future, we congratulate Datuk May on the conferment of her title and for putting into action her commitment to benefit others through the Dharma.

On pilgrimage in Kathmandu, Nepal with Rinpoche.



A REMARKABLE HISTORY:

H.E. TSEM TULKU RINPOCHE'S BIOGRAPHY

The First Difficulties



Rinpoche with his extended foster family.

In this second part of a continuing series about H.E. Tsem Tulku Rinpoche's life story, we revisit his childhood in New Jersey.



A last photo with his foster mother, Dana Bugayeff, before Rinpoche left the US to become a monk in India.

In 1972, when he was seven, H.E. Tsem Tulku Rinpoche left Taiwan for the United States. His birth mother and grandmother had arranged for him to be adopted by a foster family in Howell, New Jersey, which was home to a large community of Mongolian refugees.

When he first arrived in America, Rinpoche was introduced to his new foster parents, Dana and Boris Bugayeff, who were of Mongolian-Kalmyk descent.

At that point, Rinpoche spoke only Chinese and Mongolian. Communication with his new family was initially difficult due to the language barrier and school was even worse. It was the start of what would be yet another challenging period in the young Rinpoche's life.

However, none of these personal trials were reflected in Rinpoche's schoolwork – he was an excellent student. During summer holidays, he worked in a petshop to earn extra money. As a great animal lover since his early childhood, Rinpoche kept 13 cockatiels, fish, hamsters, dogs and even turtles at home.

His birth mother often visited him at his foster parents' house, pretending to be his aunt. She seemed to be observing how Rinpoche was growing up but kept a distance throughout his growing years.

During his years in Howell, Rinpoche was forced to play sports, dress in a certain way and behave in a manner that his adopted father considered proper for a Mongolian, though it was not something he could really relate to or understand.

His adopted mother was a very kind person at heart, helping anyone who needed her assistance. However, she was also extremely paranoid and moody, and regularly put



Rinpoche's first-grade school photo from Land O'Pines school.

Rinpoche through much physical, mental and verbal abuse. She blamed him for everything that went wrong in her life and marriage and would sometimes ignore the young boy for weeks at a time. Many years later, she was diagnosed as being schizophrenic.

Despite all he had to endure, Rinpoche has never harboured any resentment towards his foster parents, recognising that his mother was unwell and never meant to hurt him.

Since early childhood, Rinpoche's powerful imprints as a *Tulku* (a reincarnated Lama) manifested in his natural devotion towards Buddhist Masters, deities and prayers, and his all-consuming longing to practise the Dharma. Rinpoche met his first Guru, the highly realised Master of Vajrayogini practice and Abbot Emeritus of



Rinpoche was a very sociable kid who got along well with the children in his neighbourhood.

Sera Monastery, H.E. Kensur Lobsang Tharchin, at Rashi Gempil Ling (RGL), a Mongolian temple just 10 minutes from his home in Howell.

It was here in RGL that Rinpoche first met H.H. the 14th Dalai Lama, from whom he received the oral transmission of the mantra *Om Mani Peme Hung* and the *Eight Verses of Thought Transformation*. After many requests to receive Vajrayogini's initiation, Rinpoche finally received his first initiation from Kensur Rinpoche. "My first initiation – I was so excited for weeks and also afterwards. Even now I'm excited when I talk about it! It's like a tightness in my chest and I can't breathe."

In spite of his passion for Dharma, his parents wanted him to attend college and start a family. However, although he excelled in his studies, Rinpoche severely disliked school. He felt school was a waste of time and would constantly pray to do Dharma and be a monk. The urge to look for a cave, meditate and say mantras was overpowering and continuous.



The young Rinpoche in front of his foster family's house, just before going to school.



A happy young Rinpoche at a celebration with his cousins and family.



Rinpoche with his foster father (left), mother (far right) and a relative.

Rinpoche could share none of these aspirations with his family, who were completely unsupportive of his Dharma practice. He received the harshest physical and psychological punishment every time he was caught at the temple or reciting mantras in his room. But none of this deterred him from his practice.

"If I went to the temple and got beaten once, it was worth it. Lying is bad karma, but not getting Dharma is even more bad karma," he explains as he thinks back to the difficulties he faced.

MAKING SENSE OF THE WORLD

We begin this new section about international friends with a sharing from two foreign visitors who flew to Malaysia to spend time with Kechara.

Daniel Swales



It was the Beatles that first got me interested in Eastern philosophies – I was a massive fan, so I started reading about meditation and eventually came across Buddhism. It seemed very logical to me, like an advanced psychology. Part of my job as a mental health nurse was to try to get people on a “normal” level with drugs but I always wondered what was beyond that. What about the rest of us who are apparently “normal” and not sectioned in a mental health hospital? We think we’re happy having unrealistic expectations but it’s causing us a lot of trouble. Buddhism provides a way out of it that seems quite logical.

I came across Rinpoche’s teachings on YouTube about 2 ½ years ago, particularly the video “Funniest Dharma Video”. I started exploring the websites and finally decided to visit Kechara, as part of my travels through Asia. It’s very vibrant and active here – there’s always something going on in Kechara and there seems to be a lot of laughter. The fact that there is a high Lama here at your doorstep makes the biggest difference.

The one thing I really wanted from my travels this time was to receive a practice from a qualified teacher. Receiving Rinpoche’s approval for me to do a Tsongkhapa retreat and to receive the Setrap box set from him was the icing on the cake. I have been travelling for seven months and this has given me something to look forward to when I finally go home.

Kechara had the honour to host two friends from abroad last year, when they came to visit and stay in Kechara. Tamara Kalocsai from Australia and Daniel Swales from Leeds, UK, spent over a month here in Kuala Lumpur, becoming as much a part of the activities and organisation as the full-time staff of Kechara!

Here’s a little insight into how they became Buddhists and what brought them halfway across the world to our doorstep.

Tamara Kalocsai

The very first Dharma teaching I attended was a *Lamrim* retreat in Australia with Venerable Robena Courtin. When I started learning Dharma, I felt it made a lot of sense to me that that’s how the world works.

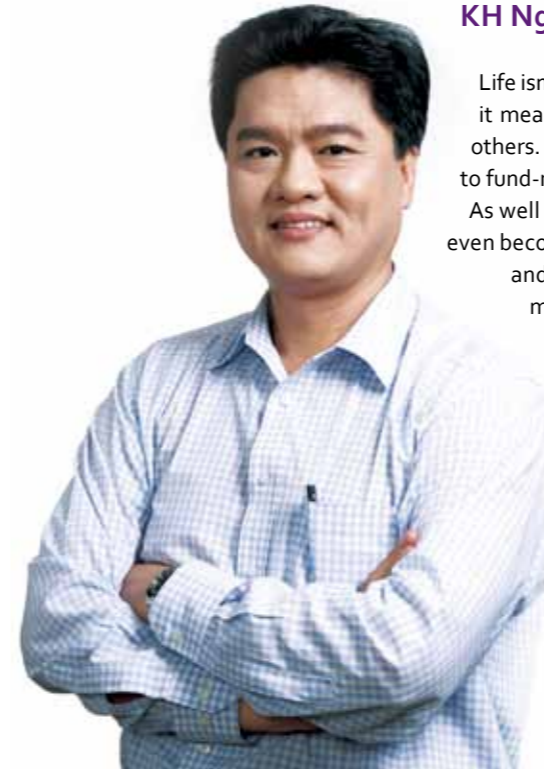
I first came across Rinpoche through YouTube and the Internet, which was very handy for me as I travel a lot for my work. I took refuge eight years ago and had been to a few centres but it wasn’t until I saw Rinpoche’s teachings that I felt he was my teacher and I needed to travel over here. The videos are sometimes really direct and slightly wrathful and that appeals to me. He tells it to you like it is!

The Kechara experience for me? Sleepless! There’s never a dull moment and you never know what’s going to happen next! Each time I visit is very different because Kechara’s growing exponentially – it’s something completely different every time I come here.

The thing that stands out most about Kechara is that there are so many people actively involved in the centre. It’s quite amazing that just within the two-year period that I’ve known Kechara, so many different departments have been set up to involve people and their skills and use that for the Dharma. People here are really using their talents for the Dharma as opposed to just coming to a teaching and going off to do other stuff.



KH Ng, Business owner



Life isn’t just about making money. As a very successful businessman, KH Ng shows us what it means to have a heart of great generosity and to dedicate successes to the benefit of others. KH has been a firm supporter of Kechara’s activities and is always quick to contribute to fund-raising initiatives throughout the organisation, for varying projects.

As well as that, he can be seen frequently at Kechara House’s weekly Setrap *pujas* and has even become one of their *umzes*, lead chanters. KH can be seen at all of Rinpoche’s teachings and is also on the Kechara Care committee, sharing what he has learnt with many more new people.

KH is very passionate about the Dharma and shares, “It’s something I’ve always felt very passionate about in my heart. I’ve always considered myself an intellectual but this is something I am convinced and believe in.

“Kechara is doing something very beneficial, first for the people within Kechara and then for society and the world in general, for all beings.”

As such, KH is always very enthusiastic and happy about contributing to and participating in the numerous activities of Kechara’s many departments. “One ounce of effort is worth more than its weight in gold,” he explains. “All the gold does not make up for all that people are doing here! Relative to that, money is a very small part.”

But funds are of course needed to make the efforts materialise into tangible results and benefit for others. We are very grateful to sponsors like KH who believe heartily in the organisation’s Dharma work and who help to literally make our dreams for others a reality. Thank you KH for all your support and generosity!

UNSUNG HEROES

All that Kechara House has achieved would not have been possible without the incredible support, sponsorship and contribution of our many friends. This new section features the silent heroes who make things manifest for the Kechara organisation, not just with much needed funding but also with their time, and total and indefatigable support for all our activities. We hope to feature some of these unsung heroes from time to time.

Annette Chan, Jeweller

Having joined Kechara about three years ago, Annette has become a most dedicated supporter and sponsor of the organisation’s work. She is not only a monthly sponsor of Kechara Media & Publications but also regularly sponsors the various activities of Kechara’s many departments and fundraising initiatives.

Annette also encourages her friends and contacts to support fundraising projects and events in Kechara, thus connecting them to the blessings of Dharma as well as contributing much-needed funds for Kechara’s growing work.

When asked why she chose to be one of KMP’s regular sponsors, she shares, “I think it is always good to share Dharma with others through teachings and words. The people in KMP work very hard and they are good at what they do. I didn’t want them to spend their time raising funds when they could be spending that time on writing and publishing books. I hope that my sponsorship can help to relieve their time in some way so they can focus on the books.”

Annette is also actively involved in the organisation and works hard as one of lovely ambassadors of Kechara Care, a division that looks after new friends of Kechara. She has also participated in a 10-week prostration retreat with KMP, volunteers at the Kechara Paradise outlets and assists in teaching children at the Manjushri Kids’ Class.

She’s certainly got her hands full with Dharma. Thank you Annette for your continuous support and love!



THANK YOU

The various departments of Kechara House owe a huge debt of thanks, appreciation and gratitude to our generous sponsors, volunteers and friends (too many to name and some who wish to remain anonymous) who have given us their contributions of time, money and other kindness – all of which have sustained Kechara and enabled it to grow.

May the merits so accumulated beneficially serve all sentient beings and the Buddha Dharma.

FOLLOW THE LIAISONS AND HODS

What they're all really up to...

> By the blessings of our Lama and Protector, Liaison HENRY OOI's daughter BEATRIX and SHARON SAW's son SEAN have been accepted into Kuen Cheng Secondary School, one of the top schools in Malaysia. Those are pretty big smiles or relief and joy we see on HENRY and SHARON's faces!

> Super sexy Ladrang Liaison SENG PIOW recently got himself some new wheels. Not only that, he conceptualised adding stickers on his car to promote our website www.kechara.com. The craze has caught on and many cars can now be seen with these same cool stickers.

> KMP Liaisons JAMIE KHOO and DAVID LAI have come out with their first book - memoirs about their experiences in their spiritual journey with Kechara. The books are fabulous, packed full of juicy behind-the-scenes stories and share many spiritual insights.

KECHARA'S NEW NEWS

> KSK has a new home!

After much effort and "house-hunting", Kechara Soup Kitchen has finally acquired its own building in town. From here, they can help the homeless much more efficiently and expand their work throughout KL! See the full story on kechara.com/ksk

> Protecting Animals

What could be better endorsement of a vegetarian restaurant's quality and values, than being asked to cater an event hosted by the world's largest animal rights organisation? Kechara Oasis was recently asked to cater food for a PETA photo shoot, giving them great recognition for their work in support of vegetarianism. Visit kechara.com/oasis for more info.

> Soup-er Nanyang

Thank you to Nanyang Press Foundation for their generous donation of RM5,000 to Kechara Soup Kitchen, which will go a long way to helping those forgotten by society to go to sleep less troubled and hungry each night. Join us to feed the homeless and urban poor at kechara.com/ksk

> Have your cake and eat it too

Sugar craving? Kechara Oasis is now creating gorgeous cakes, super cookies and sweet delectable treats for those of us with a giant sweet tooth. Check out kechara.com/oasis

> Ee Ai Ee Ai Oh

Kechara have been visiting animal shelters and doing lots of research into what it takes to set up a sanctuary for our furry and feathered friends. Check out our animal adventures on www.kechara.com

> Retreating to Vajrayogini's Paradise

Under the guidance of H.E. Tsem Tulku Rinpoche, Ani-la and long-time Kechara member Krystal Low have been engaging in a Vajrayogini retreat, to be dedicated towards the growth of Dharma, removal of obstacles for Kechara and TKL and long life of all holy beings and teachers. Read their story on www.kechara.com

> Kechara is Going Places

Kechara is yet again a hot topic in the media. This time, we're literally been travelling around the world in a feature in Malaysian Airlines' inflight magazine, *Going Places*. Read the story on www.kechara.com

For more juicy details and fantastic photos of these and other events within Kechara, visit: www.kechara.com



Create the causes for our 13th department, the animal sanctuary by NOT EATING our furry friends!

> A good "sign"

Tsem Kachö Ling carves another notch in its history as an official signboard required by authorities was recently erected. This signboard informs the public of works planned for the site, marking the first step to the actual building and manifestation of our future retreat centre! See the full story on www.kechara.com

> Kechara on the go

Carry a bit of Kechara with you wherever you go! We've now got free funky wallpapers for your laptop and phone which look great and also promote Buddha's wisdom! Download them at www.kechara.com

FROM THE LAMA'S CUSHION

The latest news from H.E. Tsem Tulku Rinpoche



> Rinpoche has moved into the new Tsem Ladrang in mid-November and is very happy in his new apartment! Much more work will be done here to expand Kechara's work, towards the manifestation of TKL! (See full story of the new Tsem Ladrang on pages 6 & 7)

> The first audience and teachings were given by Rinpoche in the new Ladrang on November 19. Here, Rinpoche met *The Legend of the Conch Shell* performers, several Liaisons, KMP and authors of two new Tsongkhapa coffee table books. He gave a Dharma talk about the benefits of Lama Tsongkhapa's practice and how to do retreats.

> Rinpoche has become very active online on twitter.com, sharing wisdom, thoughts, reflections and teachings with the world. Follow Rinpoche and receive lots of online

Dharma on www.twitter.com/tsemtulku

> With the advent of Tsem Kachö Ling, Rinpoche is giving more teachings and encouraging all to learn more about our centre's *Yidam* Lama Tsongkhapa. Rinpoche has been making prayers and images widely available to many people through our websites and personal gifts. Check out www.kechara.com for more Tsongkhapa.

> To encourage vegetarianism and urge people to think about compassion to animals, Rinpoche gave a very special offer to people who committed to a vegetarian lifestyle - whether it was for a day a week, two days a month or forever. For every pledge, Rinpoche offered a butterlamp (candle) and incense for every day of their commitment, and their names would be included in Rinpoche's *sadhana* for that day.

KECHARA WEEKLY SCHEDULE

Check out Kechara'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
Medicine Buddha Puja (KH2)
8 - 10 pm
Dzambala Puja in Mandarin (KH2)

THURSDAY

8 - 10 pm
Dzambala Puja (KH2)

FRIDAY

8 - 10.30 pm
Bodhisattva Class (KH1)
8 - 10 pm
Chinese Manjushri Class (KH2)

SATURDAY

9.30 pm - approx 2am
Kechara Soup Kitchen
(starting @ KH2)

SUNDAY

2 - 3.30 pm
Manjushri Class (KH1)
2 - 3 pm
Manjushri Kid's Class (KH2)

4.30 - approx 8pm
Kechara Soup Kitchen
(starting @ KH2)

MONDAY - SATURDAY

2 - 10pm
Volunteer at
Kechara Saraswati Arts

2010 十万佛灯

金甲衣·黄财神大法会

GRAND SETRAP & DZAMBALA PUJA

A GARDEN OF WEALTH & PROTECTION



日期/ Date: 2010年1月30日 & 31日
(星期六 & 星期日)
30th & 31st January, 2010
(Sat & Sun)

时间/ Time: 上午11时—晚上9时(星期六)
上午10时—晚上9时(星期日)
11.00am – 9.00pm (Sat)
10.00am – 9.00pm (Sun)

地点/ Venue: 吉隆坡暨雪兰莪中华大会堂
The KL & Selangor
Chinese Assembly Hall,
No.1 Jalan Maharajalela,
50150 Kuala Lumpur
(入场免费)
(Admission Free)

详情请联络：
FOR MORE INFORMATION, PLEASE CONTACT:

(10AM - 6PM) 012 311 2496
012 311 2498

Main Organiser

 **KECHARA**
A Tsem Tulku Buddhist Organisation

House

第一天 Day 01	30/01/10 (星期六) 30/01/10 (Sat)
11.00am - 11.15 am	开幕词 Opening speech
12.00pm - 12.30pm	金甲衣法会(英文) Lord Setrap Puja (English)
3.00pm - 3.30pm	金甲衣护法分享会—真人真事 Forum & Testimonials
3.30pm - 4.00pm	金甲衣法会(中文) Lord Setrap Puja (Chinese)
8.00pm - 8.30pm	黄财神法会(英文) Lord Dzambala Puja (English)
9.00pm	晚安 Good Night
第二天 Day 02	31/01/10 (星期日) 31/01/10 (Sun)
10.00am	入场 Arrival of Guests
11.00am - 11.15 am	儿童吟经 Kids' Singing Performance
11.30am - 1.30pm	儿童绘画比赛 Kids' Drawing Competition
12.00pm - 12.30pm	黄财神法会(中文) Lord Dzambala Puja (Chinese)
3.00pm - 3.30pm	金甲衣护法分享会—真人真事 Forum & Testimonials
3.30pm - 4.00pm	黄财神法会(英文) Lord Dzambala Puja (English)
7.00pm - 7.30pm	金甲衣法会(中文) Lord Setrap Puja (Chinese)
8.00pm - 8.30pm	惊喜环节 Exclusive Gift Event
9.00pm	晚安 Good Night