

LONGEST NON-STOP LAMRIM RECITATION (24 HOURS)



“ The Lamrim is universal truth. It teaches universal qualities that are inherently good which are needed in society such as wisdom, effort, equality, compassion, respect, gratitude, forgiveness. It has its own blessings, (it is) the truth of all truths.

H.E. Tsem Tulku Rinpoche, Spiritual Guide of Kechara House Buddhist Association Malaysia

FULFILL YOUR WISH FOR HAPPINESS AND PEACE, LIBERATION IS IN THE PALM OF YOUR HAND.

” THE BENEFITS OF STUDYING THE LAMRIM:

The Lamrim is like a wish-fulfilling jewel because it comprises all the different practices by which one can gain all levels of realization. There are four great benefits of studying the Lamrim:

- (1) The various doctrines of Buddha will be seen as non-contradictory
- (2) The various teachings will be taken as personal advice
- (3) The thought of Buddha will easily be found
- (4) One will be held back from the great mistake of abandoning any aspect of the holy Dharma.

(from *The Path to Enlightenment* by H.H. 14th Dalai Lama)

EVENT SCHEDULE

	Date	Time	Event
Monday	27/6/11	8pm-10pm	In House Retreat
Tuesday	28/6/11	1pm-10pm	In House Retreat
Wednesday	29/6/11	1pm-10pm	In House Retreat
Thursday	30/6/11	1pm-10pm	In House Retreat
Friday	1/7/11	1pm-10pm	In House Retreat
Saturday to Sunday	2/7/11 ~ 3/7/11	8am-8am (24hours)	24 Hours Recitation for Malaysia Book of Records

The text used during the Retreat is available at Kechara House Souvenir Shop.

Organizer / Venue :

Kechara House Buddhist Association Malaysia
Lot 7, Jalan PJU 1/3G, SunwayMas Commercial Centre
47301 Petaling Jaya, Selangor Darul Ehsan, Malaysia
Fax: 03-7803 3108, or E-mail: house@kechara.com

HISTORY OF THE LAMRIM

The instructions of the Lamrim can be traced back to Buddha Shakyamuni through the teachers of the two great lineages, the Method lineage or Vast path and the Wisdom lineage or Profound path. It was Atisha (982-1054) who combined the two lineages in his work *Lamp for the Path to Enlightenment*. The three lineages of Lamrim instructions were passed down from Dromtonpa through further teachers to Lama Tsongkhapa (1357-1419). He unified them and wrote the *Lamrim Chenmo* or *The Great Treatise on the Stages of the Path to Enlightenment*. In 1921, H.H. Kyabje Pabongka Rinpoche gave a teaching of Lamrim which lasted 24 days. The teachings, compiled by his disciple H.H. Trijang Rinpoche, became the *Liberation in the Palm of Your Hand*.

LIBERATION IN THE PALM OF YOUR HAND

The Gelug lineage places great emphasis on the teaching of the Lamrim. *Liberation in the Palm of Your Hand* is the Lamrim that Gelug masters prefer to teach due to its practical nature and its focus on the needs of practitioners. When studying the Lamrim, one must do so with a good motivation. In the Lamrim of Pabongka Rinpoche, each chapter corresponds to a day's teaching and each day begins with the setting of the motivation of the listeners. With the right attitude, study and reflection, we will develop clarity and understanding and become a pure vessel for the Buddha's teachings. To quote Lama Tsongkhapa:

“ One session of hearing or teaching this tradition embodying the essence of all Buddha's words, collects waves of merit equivalent to hearing or teaching all Buddhadharma. ”

LAMRIM RECITATION FROM 27/6/2011 TO 3/7/2011

27/6 28/6 29/6 30/6 1/7

24 HOURS RECITATION for MALAYSIA BOOK OF RECORDS 2/7 ~ 3/7

Group Leader:

PARTICIPANT'S DETAILS

Name:

Contact (Mobile Telephone No.):

Nationality:

Country of Residence:

E-mail Address:

Gender: M / F

Kechara House Member: Y / N

Declaration:

I declare that I do not have any medical conditions that may pose a risk to my health during the 24 hours Lamrim Event. I confirm the information provided is true and will inform the Organizing Committee of any changes in my health on the day of the event.

Signature:

Date:

Registration fees of RM10 applies. Please return the completed form to Kechara House Buddhist Association Malaysia