

# HIGHLIGHTS @ SHAN YOU

## UPCOMING PROFESSIONAL COURSES

Shan You offers professional training courses for the helping professionals and volunteers.  
Sign up the following training programmes at [http://www.shanyou.org.sg/activities\\_listing.php](http://www.shanyou.org.sg/activities_listing.php)

Date	Title	Trainer
17-18 Sep 2019	Motivational Interviewing (MI) Step 1	Ms Pip Mason Motivational Interviewing Network of Trainers, MINT
20-21 Sep 2019	Motivational Interviewing (MI) Step 2	
05-06 Nov 2019	Cognitive-Behaviour Therapy (CBT) Masterclass: Skill Mastery Coaching	Dr Aaron Frost Griffith University
07-08 Nov 2019	Become an Expert CBT Supervisor	
25-30 Nov 2019	MBCT Teacher Training: Modules 1 & 2	Ms Ong Ee Lin and Ms Antonia Sumbundu Oxford Mindfulness Centre, University of Oxford

For more information, please contact us at 6741 9293 or email [kokkwang.lim@shanyou.org.sg](mailto:kokkwang.lim@shanyou.org.sg)

### 4-Day Experiential Programme

## MINDFUL SELF-COMPASSION

Date :10-11, 14-15 October 2019

Time : 9.30am – 5.30pm

**LIVE. NOW. WELL.** is an initiative by Shan You Counselling Centre to improve mental well-being in the community through accessible and effective mindfulness-based programmes. As part of **LIVE. NOW. WELL.**, we are happy to announce the return of the Mindful Self-Compassion Experiential Programme!

Mindful Self-Compassion (MSC) is an empirically-supported programme that combines the skills of mindfulness and self-compassion to enhance our capacity for emotional well-being.

MSC is a journey – an adventure in self-discovery and self-kindness. Self-compassion has the paradoxical effect of both soothing our emotional distress as well as opening us to the pain that we may have been unconsciously holding inside, often for many years. The MSC programme is suitable for the public as well as professionals who wish to integrate self-compassion into their work with clients. No previous experience with mindfulness or self-compassion practice is required. This programme fulfills one of the pre-requisites for attending the MSC Teacher Training in Singapore in February 2020.

**Registration and enquiry : Call 6741 9293 or email [info@shanyou.org.sg](mailto:info@shanyou.org.sg)**

Website: [www.shanyou.org.sg](http://www.shanyou.org.sg) | Facebook: [fb.com/shanyou.sg](https://www.facebook.com/shanyou.sg)

**Headquarter / Counselling Centre:** Blk 5 Upper Boon Keng Road #02-15 Singapore 380005

## BEHAVIOURAL HEALTH CONSULTATION SERVICE

Set up in 2011, Shan You Wellness Community aims to expand the organization's social service activities to benefit more in the community, especially the elderly. Besides, providing daily free meals and giving food rations to needy families, the centre organises daily activities to develop healthy lifestyle behaviours in seniors. Healthier lifestyle habits can impede onset of disease, increase energy levels and improve mood.

Along with this is the launch of the new behavioural consultation service to support those with chronic disease. The target is to help clients with chronic diseases cope and meet lifestyle behavioural change.

Through the analysis and understanding of client's issues, needs and requests, our consultant work collaboratively with clients to set individualized goals, identify barriers and challenges to achieve a state of disease self-management.

Contact us at 6745 9293 or email : [andre.chia@shanyou.org.sg](mailto:andre.chia@shanyou.org.sg) to find our more.



## YOUR DONATION CAN MAKE A DIFFERENCE!

Any amount of donation will be appreciated.

Founded in 1995, Shan You started from a Buddhist counselling centre offering professional counselling and social care services to dysfunctional families, needy elderly and troubled youths, regardless of race, religion and their ability to pay for our services. Over the years, Shan You expanded with the social care services at the Wellness Community in Eunos. As only our counselling portion is funded by Community Chest, we are raising funds to support our social care services.

Donate \$388 & above, receive a limited edition 24-K Gold Medallion.



For limited time and whilst stock last, for a donation of S\$388 and above, we will be presenting you a gold-plated medallion of the Thousand Arms Avalokiteshvara or Guan Yin (in the front) and Heart Sutra (at the back). This comes with a gold plate inscribing the heart mantra of Avalokiteshvara.

"Thank you for donating to Shan You.  
We value your partnership in serving the community."



Scan the QR code  
to make online donations

**BUDDHIST FELLOWSHIP**

**BF Dhamma Family Programme**

**BF DHAMMA FAMILY**  
The first gathering is scheduled for Wednesday, 10 July 2019.

Buddhist Fellowship is launching a "Dhamma Family" programme where members can gather fortnightly to meet kalyanamittas (spiritual friends) and discuss the Dhamma / Suttas together.

The programme aims to improve the study and practice of the Dhamma with the support of peers. Group gatherings and discussions are also conducive to strengthening fellowship and learning in an informal setting.

The Dhamma Family sessions are open to all BF members. Those with some Dhamma knowledge will appreciate the discussions better. Please keep the second and fourth Wednesday of the month free for this.



**EVERY 2ND & 4TH WEDNESDAY OF THE MONTH**  
7.30 pm - 9.30 pm | BF West  
Jul 10, Jul 24, Aug 14, Aug 28, Sep 11  
Sep 25, Oct 9, Oct 23, Nov 15, Nov 27  
DECEMBER - HOLIDAY BREAK

Register Via:  
<https://dhammafamly.eventbrite.sg>  
\*FOR BF MEMBERS ONLY\*

88 WEST 4 TELLER BUILDING STREET 11 #04-08 YEO'S BUILDING, SINGAPORE 118442  
TEL: +65 8278 0008 FAX: +65 8278 0150 EMAIL: INFO@BUDDHISTFELLOWSHIP.ORG

The Buddhist Fellowship launched the "Dhamma Family" programme on 10 July 2019. This is a programme where their members would gather fortnightly to forge spiritual friendships with fellow kalyanamittas and discuss suttas together. The programme which aims to improve the understanding of Sutta and encourage practice in daily life, will have sessions held on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month. For more information and registration, please visit <https://dhammafamly.eventbrite.sg/>.

**BUDDHIST LIBRARY**

**Ullambana Puja 2019**



The Buddhist Library held the Ullambana Puja on 4 August 2019, 10am-5.45pm. This puja included a Dharma Talk in English by Bhante Wimalajothi, Transference of Merits, Chanting of *Ksitigarbha Bodhisattva Puravapranidhana Sutra* by Venerable Wan Chin, and the closing session of Puja and Pali Chanting Transference of Merits.

**Medicine Puja 2019**



There will be a Medicine Puja held at the Buddhist Library on 20 October 2019. For more information and details of the puja schedule, please visit <https://buddhlib.org.sg>.

**BUDDHIST LIFE MISSION**

**Disaster Relief**



Part of the compassionate work by Buddhist Life Mission includes helping the poor and needy. This year, it extended assistance to the disaster-stricken people. It raised funds for food and emergency relief supplies to help those displaced by the severe floods in Southern Nepal.

**Prayer and Offering**



Buddhist Life Mission Singapore held a Prayer and Offering Puja session at the Chua Chu Kang Cemetery on 4 August 2019.

**THE SINGAPORE BUDDHA SASANA SOCIETY**

**Maha Vairocana Drupchod**



The Singapore Buddha Sasana Society, also known as Sakya Tephel Ling held the Maha Vairocana Drupchod from 12-18 August 2019. This was led by His Eminence Ngor Khangsar Rinpoche and Lama entourage from Ewan Buddhist Institute Manali Himachal Pradesh.

**LITTLE DHARMA WORKS**

**Heart Sutra Workshop**



*Heart Sutra*  
Let's learn together what is emptiness and how we can apply emptiness in our daily life

31 July to 30 October 2019  
Every Wednesday, 7.30pm to 9pm  
12 Lessons (Break: 11, 18 Sep)

Conducted in English by Ven Chuan Guan

**Buddhist Library**  
No. 2, Lorong 24A Geylang  
Singapore 398526

\$30 per person  
Please register early!

Scan QR code to register online.  
Online Registration  
<http://sakyalittledharma.works/heartbslib>

*The Heart Sutra*, the shortest sutra at 260 characters, is also the most commonly recited sutra in Chinese Mahayana Buddhism. Venerable Chuan Guan started a series of teaching comprising 12 lessons from 30 July 2019 at the Buddhist Library, every Wednesday (last session on 30 October with break on 11 and 18 September).

**SINGAPORE BUDDHIST FREE CLINIC**

**SBFC Healthy Walk 2019**



**健康第一 为善最乐**

日期: 2019年9月22日 (星期日)  
Date: 22.09.2019 (Sunday)  
时间: 上午7时30分集合  
Assemble at 7:30am

地点: 光明山普觉禅寺  
Kang Meng San Phor Kark See Monastery  
88 Bright Hill Road Singapore 274117

文德路站、普觉禅寺—碧山公园—普觉禅寺  
KMSPKS - Bishan Park - KMSPKS

The SBFC will be holding the SBFC Healthy Walk 2019 on 22 September, 8.30-11am at Bishan Park as part of the fundraising efforts for their Medical Fund. For more information and registration, please visit <https://www.sbfc.org.sg>.

# KONG MENG SAN PHOR KARK SEE MONASTERY

## A GRATEFUL NATIONAL DAY



Kong Meng San Phor Kark See Monastery held the Compassionate Samadhi Water Repentance Puja on 9 August 2019, in celebration of our National Day. Devotees, led by the Venerables also prayed together for the harmony and prosperity of our beloved nation, while expressing gratitude for the peace and stability that we enjoy.



### The Compassionate Samadhi Water Repentance Puja

The *Compassionate Samadhi Water Repentance* is divided into 3 parts; the repentance of unwholesome deeds committed through the body, speech and mind. Thus, the Compassionate Samadhi Water Repentance Puja is performed to repent one's unwholesome deeds, including karmic actions created through body, speech and mind. As participants repent with the repentance prayer, as suggested in the sutra, it helps to eliminate negativity in life and beneficial to dedicate and share the merits to all departed ones.



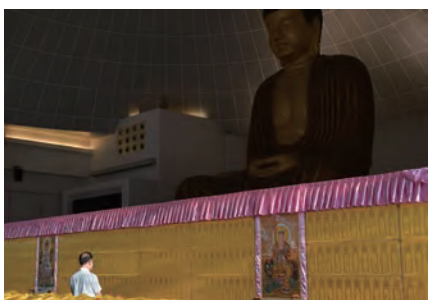
KMSPKS has made available *The Buddha's Teaching On The Difficulty In Repaying The Deep Kindness Of Parents* in an eBook version. Presented in a comic book style, readers will gain a basic understanding of this Mahayana Buddhist text on the deep kindness of our parents. This free eBook is available on KMSPKS website at <https://bit.ly/31O5bHK> and on Issuu at <https://bit.ly/30fDabx>.

## A MINDFUL AND GREENER ULLAMBANA



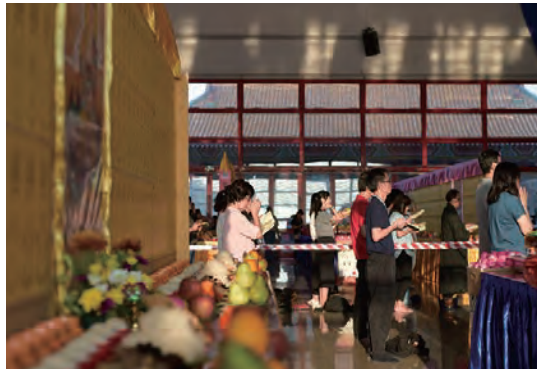
KMSPKS held the Ullambana Festival prayers on 15 August 2019, a full-day event where the Water Repentance Puja was conducted during the day, and in the evening, the Yogacara Ulka-mukha Puja.

Traditionally, many people would burn incense, joss paper and make food offerings to their ancestors as part of Qing Ming and during Ullambana festivals. In an effort to go green, KMSPKS is encouraging more mindful and greener practices while paying respects and making offerings. Thus, when presenting offerings, one can be mindful of our environment; how we can protect the Earth for our future generations by burning less and reducing food wastage.



One good way is to burn less and offer simple items such as flowers, fruits and lamps to practise virtue of generosity. To encourage this,

KMSPKS installed an eco-burner with a more environmentally friendly ash filtration system in 2014 to reduce amount of ashes formed. In addition, joss paper boxes are not permitted to be burnt at the eco-burner during Qing Ming and Ullambana periods. Also, there is great significance in making lamp offerings as light symbolises knowledge that can dispel darkness (perceived as ignorance). Therefore, lighting and offering a lamp represents the destruction of negative forces—evilness, violence, lust, anger, envy, greed, bigotry, fear, injustice, oppression, and suffering—and in turn lead to liberation and enlightenment; reinforcing the purpose of the Ullambana Festival that is to relieve the sufferings of those in the ghost realm.



Another environmentally-friendly way is to consider chanting sutras because chanting is a melodious way of reading, reciting and reflecting upon the Buddha's teachings. Chanting specific mantras and sutras not only help to bring the mind peace and calmness, the act

also helps to develop certain positive characteristics such as compassion, wisdom and courage. And when chanting for the departed, it expresses the respectful wish of the living that the departed would realise the same qualities soon, and attain enlightenment. Lastly, performing acts of kindness is also a good way to dedicate merits to our departed loved ones. Some examples include blood donation, donations to charitable organisations, voluntary services, as well as practising and spreading the Dharma.

### Great Compassion Prayer Ceremony

According to the *Avatamsaka Sutra*, young Sudhana visited 53 great spiritual benefactors on his path to seek enlightenment. His 27<sup>th</sup> visit was to Avalokiteshvara Bodhisattva (also known as Guanyin Bodhisattva), who was residing at Kong Meng San (also known as Mount Pu Tuo) at that time. Avalokiteshvara Bodhisattva taught *Sudhana*, the practice of great compassion to realise the Bodhisattva Path. To commemorate this, KMSPKS conducts the Great Compassion Prayer on the 27<sup>th</sup> day of every lunar month. The Great Compassion Prayer is centred on the chanting of Avalokiteshvara Bodhisattva's *Great Compassion Dharani Repentance*. It is said that "if one wishes to become a Buddha, one has to practice the Bodhisattva Path."



KMSPKS has a series prayer sessions for the Great Compassion Prayer from June to December 2019. By participating in The Great Compassion Prayer, one not only repents on one's past negative karma, but also to give rise to practising the qualities of Avalokiteshvara Bodhisattva's noble qualities of compassion, wisdom, motivation and right action. The merits accrued from participating in the prayer, allows one to cultivate self-awareness and reflection, and also through the blessings of the Bodhisattva, to purify one's mind, be free from suffering and past negative karma. For information on Great Compassion Prayer Ceremony, visit <https://bit.ly/2JC5KOJ>.

# ON PURPOSE, PLANS AND PRACTICE

## INTERVIEW WITH HIS EMINENCE GYANA RINPOCHE

- PEMA RINCHEN -



***“There’s no need for any deliberate preparation, as compassion becomes spontaneous, when you get used to being compassionate.”***

- His Eminence Gyana Rinpoche

Born on 5 July 1979 in Dehra Dun, U.P. India, His Eminence Khondoong Gyana Vajra Sakya Rinpoche grew up immersed in Buddhism since young. During his childhood, he along with his elder brother, Khondung Ratna Vajra, studied religious texts, reading, writing, grammar, memorisation and recitation of important prayers and rituals under the tutorship of Venerable Rinchen Sangpo.

Later, he joined Sakya Centre, the main monastery and seat of His Holiness Sakya Trizin, where he learned all the basic rituals and prayers for few years. Following the completion of his studies and training at Sakya Centre, he joined Sakya College and furthered his studies in Buddhist philosophy for next five years.

During his college life; he often participated in various religious ceremonies held annually at Sakya Centre. He has received numerous major initiations and also many common and uncommon teachings from His Holiness, and has also accompanied His Holiness during many of his teaching tours throughout India and abroad.

After 5 years of study at Sakya College, he sought leave from the college to fulfill his other religious duties and presently resides at Sakya Centre.

His Eminence Khondoong Gyana Vajra Sakya Rinpoche arrived in Singapore on 4 July 2019, making Singapore one of the auspicious stops of the Vajrakilaya ritual that is being performed round the world.

The highlights of Gyana Rinpoche’s Dharma programme in Singapore, held at the Singapore Buddha Sasana Society (Sakya Tenphel Ling), from 5-21 July, included the Vajrakilaya Major Empowerment, the Great Propitiation Ritual to Vajrakilaya, the Black Mahakala Initiation (with short teaching) and Damtsig Kangsol, as well as his Birthday celebration on 5 July. During Gyana Rinpoche’s visit, *For You Information* had the privilege to interview Gyana Rinpoche.



## Purpose and Plans for Centres in Singapore and Asia Pacific

### What is the purpose of Rinpoche's visit to Singapore this time?

Actually, I have been here for quite a couple of times the past few years, since the centre (Sakya Tenphel Ling) was established. We wanted to have an annual puja which is one of the main pujas back home in India and in Tibet—the Vajrakilaya<sup>1</sup> Puja. So, brought this (puja) especially to the Buddhist community in our bigger centres like in Singapore, Hong Kong and Taiwan. This is to also bring this precious practice to the Buddhist community as it is one of our main daily practices.

### Does Rinpoche consider Singapore as the headquarters in Asia Pacific?

Yes, it is one of our biggest centres (in the region) although we do have other big centres in Malaysia, Taiwan and the Philippines.

### So does Rinpoche have any plans for the centre here in Singapore?

Regarding plans, I do not have any specific plans in Singapore, but in general I continue to serve the Buddhist community and to my teachers, the 41<sup>st</sup> Syaka Trinzin (His Holiness Kyabgon Gongma Trichen Rinpoche) and 42<sup>nd</sup> Syaka Trinzin (His Holiness Kyabgon Gongma Trizin, Ratna Vajra Rinpoche). And I think the best way I could do it, is through my service; to serve and preserve the Buddhist community (and teachings). And since the Buddhist community started in India and the Himalaya region, and I want to work towards preserving this. And in order to achieve it, we need to work on educating the young, especially the young children.

We will try to support the Buddhist community, whenever there is one, not just in Singapore. Our goal is not convert others to become Buddhists, but the main goal is to keep (preserve) Buddhist teachings and family (community) for our children and their next generations to come. Without the children, there will be no future, and likewise, no future for Buddhism, if it is without a strong foundation. So, to preserve and have a strong Buddhist community, we need a strong foundation of educated young people and so that's why we are mainly focusing on education.

#### <sup>1</sup>Vajrakilaya Ritual

Sakya monasteries have innumerable rituals, and ceremonies, and this one is the most elaborate and longest of them all. The Vajrakilaya ceremony continues for an entire month, from the first day of the seventh Tibetan lunar month until the first day of the eighth lunar month. In fact, people often refer to the Vajrakilaya ritual as *dunba*, or 'the seventh', because Vajrakilaya is practised for the entire seventh month.

Many lamas and masters from different traditions greatly praise the Vajrakilaya cycle. There are several reasons for this. The Vajrakilaya ritual is unique because the hereditary lineage of the Khon family, and the teaching lineage of the ritual go almost hand-in-hand. In addition, this lineage has been unbroken since the time of Padmasambhava and Khon Nagendra Raksita, right up until the present. Also, through the centuries, the unbroken series of Vajrakilaya lineage holders have all had very high realisation, due to which almost every single one of them performed great miracles.

#### <sup>2</sup>The Sakya Tradition

The Sakya tradition is one of the four major religious traditions that existed in Tibet. It rose to play a significant role in the development and spread of the new Tantras that came to Tibet in the 11<sup>th</sup> century. During the 13<sup>th</sup> and 14<sup>th</sup> centuries, the holders of the Sakya tradition were also the principal political powers then.

Its emphasis on its unique religious traditions has continued to be nurtured and sustained for past centuries, thus strengthening the Sakya tradition and helping it to flourish and produce many great and distinguished practitioners, saints, and scholars. The origins of the Sakya tradition are closely connected with the ancestral lineage of the Khön family, beginning with Khön Konchok Gyalpo (1034-1102), the Founder of the Sakya tradition. And the lineage continues to be unbroken to this day with His Holiness Kyabgon Gongma Trizin Ratna Vajra Rinpoche as the 42<sup>nd</sup> and current Throne Holder of the lineage.



### On Enthronement as 43<sup>rd</sup> Sakya<sup>2</sup> Trinzin

**Also, next year, Rinpoche will be here in Singapore, and we can look forward to a big announcement (referring to enthronement to become the 43<sup>rd</sup> Sakya Trinzin)?**

Yes, I will be here (in Singapore) next year, but I don't really see it as a big announcement. I see it as my duty—my service to Buddhism. There's no change, except the change in the title of the name. Other than that, I don't see it as something big.

### So, what are Rinpoche's thoughts about it?

My thought would be this: I would work as hard as possible to serve my gurus and my students.

### On Spiritual Goals and Practice

**Is there any Dharma teaching Rinpoche would like to share with For You Information readers?**

I would say that generally, as a Buddhist, we always talk about compassion, world peace and how we cannot be selfish. In whatever we do in life, be it prayers or teachings, it is for the others. This is the main teachings of the Buddha—to direct your mind and thoughts for the benefit of others, when your mind and your thoughts are towards others, then you will see yourself become "smaller", your selfishness will shrink. I believe one of the main

goals of many Buddhists, is to be able to control yourself—also one of the main reason why the Buddha specially taught emptiness as one of the main goals—nothing exists, you also don't exist, neither does your ego and clinging.

Compassion is one of the main techniques which you can use to control your selfishness, your ego, and your anger. I think that is very important to practise. I always see people wanting to learn compassion but there's no real practise of it. You can be meditating, or it is easy to say you want to have world peace. But when it comes to your family, your neighbours and your co-workers, it's a different story. You always want something bigger, but you forget what is right in front of you or the person next to you. I believe this has to change. We have to understand more, for example, if you are a musician, a chef or a sports person, you need to practise. You don't become a professional overnight, you need to practise—days, weeks, months, years and years. And that's how you become good at it.

I believe that thoughts in your mind doesn't have any colour, shape or anything like that. And I believe that you can practise compassion every day. But it's not to simply sit there and practise meditation, as instead, it should be done whenever, wherever, for whoever and whatever—when you are on the road and you witness an accident; when you are watching a documentary and you see an animal being killed, or you see someone quarrelling, you can help, pray and hope that the suffering of

the injured person, the animal and the sad and angry person be comforted. There's no need for any deliberate preparation, as compassion becomes spontaneous, when you get used to being compassionate. Once you are used to it, when you face someone screaming at you, you will find it easier to use your compassionate words on that person.

Take for example, I can teach you all the swimming strokes on dry land, you can move your arms in the correct motion and kick your legs etc., but as long as you don't swim in the pool, you don't know how to swim. This is the same as compassion; you can't say you have compassion until you do it. So, likewise, as a Buddhist, you can know all the theory about compassion, but when you are pushed to the deep end (in reality), you may not be able to be as compassionate as you think you are in handling matters. I grew up in a Buddhist family and community, so I think the Buddhist community, need to really practise, in their daily life. An example would be to see more Buddhists making individual and social contributions such as building hospitals and helping to provide access to education.

Next, Buddhism has survived more than 2,500 years and I think if we want Buddhism to continue, and not only survive but flourish, more needs to be done especially by complementing with modern education, where modern education can help people see how great and beneficial Buddhism is. It is perhaps, when the modern pair of eyes sees the wisdom of Buddhism, then people will start to appreciate Buddhism more. It is like growing up in your hometown, you will never start to appreciate it, till perhaps when you travel and leave your home; and this is when you start to see the beauty that you have once taken for granted. You start to miss home, your parents, your friends... and you start to realise how much they love and care for you. Similarly, you may not be able to discover (your inner self) and how Buddhism can help you, till you see the outside.

Also, as a Buddhist, a real Buddhist will respect Muslims, Hindus, Christians and anyone from other religions. And if your mind starts to judge, then your mind is going off Buddhism. Sakya Trinzin always say, "Every religion has its own beauty." And I am a big believer in this, and generally every religion emphasises on compassion, forgiveness, loving-kindness. And only when it comes to higher practices, then there may be some differences, but for most in general, it is the same thing. I believe the priority of a religion is to serve the community, to bring about discipline and order to benefit the community such as putting up systems, instilling ethics and inculcating compassion.

Lastly, it is important to reflect why we are Buddhists. There must be some reasons why we are born into a Buddhist family or why we become Buddhists, though we may not know of our past life (lives). But in this life, it is important to believe that our past karma has brought us to this life through rebirth, and that one should make full use of it, to study and practise Buddhism.

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*For You Information would like to express gratitude and appreciation to The Singapore Buddha Sasana Society (Sakya Tenphel Ling) for facilitating this interview. This interview has been scribed and only edited lightly by Pema Rinchen.  
Information Credits: Sakya Tenphel Ling and Personal Website of His Holiness The Sakya Trichen*



# THE GRAND AVATAMSAKA PUJA

## PEOPLE'S BUDDHISM STUDY SOCIETY



The People's Buddhism Study Society held the Grand Avatamsaka Puja from 14-18 August 2019, in conjunction with the seventh lunar month. This puja's merits were dedicated to all sentient beings and the dear departed as well as for the peace, stability and prosperity of the world.

### Blessing Prayers



启建华严  
显密吉祥  
大法会  
冥阳两利

In this Grand Puja, there were Blessing Prayers for the Living and Dedication Prayers for the Departed Ones.

### Ksitigarbha Sutra Recitation

On top of the Grand Puja, PBSS also held 3 sessions of the *Ksitigarbha Sutra* recitation on 3, 10 and 24 August, 7.30-10pm respectively.

### Dharma Assembly, Sutra Recitation, Puja and Prostration to the Buddha and Bodhisattvas

Also, there were various Dharma assemblies and ceremonies held, such as Purification Ceremony and Chanting of the *Amitabha Sutra* led by Venerable Kai Xian on 14 August, 7.45-9.45pm. There was also chanting in Pali held on 15 August, 7.45-9.45pm, led by Venerable N. Sumana Thero and the 100 Deities Chang Chog Puja led by Venerable Khenpo Ogyen Nyima on 16 August, 7.45-9.45pm. Lastly, Venerable Kai Xian concluded the series of prayers with Prostration to the Buddhas and Bodhisattvas of the Avatamsaka on 17 August, 9am-5pm and Prostration to the Buddhas and Bodhisattvas of the Avatamsaka Offering to Buddhas and Offering to the Pretas on 18 August, 9am-9.30pm.



# SINGAPORE BUDDHIST YOUTH DAY 2019

## TRANSLATING GRATITUDE IN OUR HEARTS INTO CONCRETE ACTIONS

*Singapore Buddhist Youth Day 2019*



This year, also the 4<sup>th</sup> run of the Singapore Buddhist Youth Day (SBYD) held on 27 July, saw more than 100 youths participating in it. Organised by the youth, for the youth, SBYD 2019 took 5 months of conscientious planning by the Organising Committee comprising Soh Yan Da, Michelle Trinso, Yeo Pei Shan, Mellita Angga, Felicia Japar and Zayn, graduates and undergraduates from the Nanyang Technological University (NTU), Singapore Management University (SMU) and Singapore Institute of Management (SIM), with advice from the 4 Buddhist Youth Network (BYN) Directors; Tan Jun Yue, Gan Hock Chye, Karen Hee and Yap Ching Wi.

### INSPIRING YOUTH LEADERSHIP

BYN was formally formed in 2015, from initiatives such as Camp LIONS where youth leaders from various youth groups organised leadership training for themselves. It is recognised as a youth leadership catalyst that leverages and cultivates the synergy of Dharma practice, professional knowledge and compassionate fellowship to increase the capability, capacity and community-building of Buddhism in Singapore. BYN pioneered innovations such as Camp LIONS, a leadership training camp for youth leaders by youth leaders; LIONS Retreat for youth leaders; a sunset meditation on kayaks; a regional leadership training; an aggregated website (buddhistyouth.sg) for all groups' recruitment; an inaugural forum on the state of Buddhism in Singapore; and a task force to assess the Buddhist community's needs.

In addition, BYN also provides training, mentorship and coaching to youth leaders; develops platforms for innovation; and advocates collaborative research to strengthen the community. It is coordinated by 5 directors who are active Buddhists. Since its establishment, many annual leadership and lifeskills workshops were organised, which has reached more than 3000 training sessions, catering to 20 active youth groups and more than 500 youth leaders.

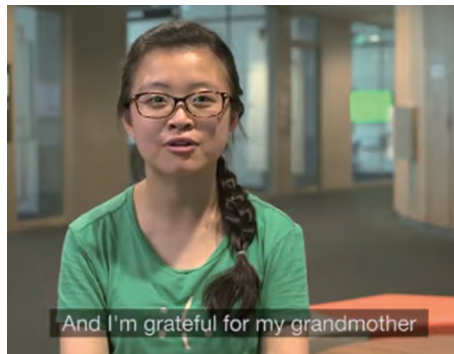
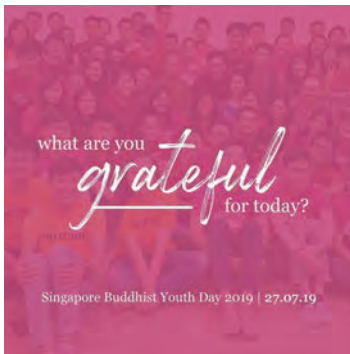
### SPIRITUAL AND INTERFAITH ADVISORS

BYN Spiritual Advisors are Venerable Shi Chuan Yu, Phra Goh Chun Kiang, Tulku Migmar Tsering, representing the Mahayana, Theravada and Vajrayana traditions respectively. Senior Minister of State for Defence and Foreign Affairs, Dr Maliki Osman is the Interfaith Advisor and has also personally conducted a Community Building and Leadership session for SYBD facilitators and youth leaders.



## THE GRATITUDE JOURNEY

Themed “Gratitude”, **#SBYD2019** provided the opportunity for youths to translate gratitude in their hearts into concrete actions—starting from home to the community. One of the creative ways was a series of videos put together to share the thoughts and messages of gratitude, such as how Pei Shan, Co-founder of UglyFood (also SBYD Exco Member) shared about why she is grateful for her grandmother.



What made **#SBYD2019** special, was also the meaningful lead-up from planning and preparation to the actual day community house visits. After months of preparation and a series of house visits to befriend the community in need, youth facilitators finally came up with different solutions to help the different households. These included a trip to Geylang Serai for a wheelchair-bound elderly, a block party with games for isolated elderly, packing and delivering 300 vegetarian lunches to low-income families, and packing and delivering fruits, diapers and bedsheets to the beneficiaries.

## KEEPING THE DHARMA LIGHT SHINING BRIGHT



Closing the Singapore Buddhist Youth Day 2019 **#SBYD2019**, was a light offering segment led by Phra Goh Chun Kiang. The participants, together with the Organising Committee also sang *Dharma Light*, while waving their mobile phone torchlights. The participants had full praises for **#SBYD2019**, commending how it was not only well-planned and executed but also enjoyable, calming and meaningful. One participant even highlighted how impactful the activities were, “I can't express how thankful I am, to be with this team of super amazing people. This **#SBYD2019** really impacted me a lot, for the first time in my life, I felt immense happiness and gratefulness that I cannot express, and learn so much more about working in a team and on myself.”

# THE 9<sup>th</sup> 100 MILLION AMI DEWA RECITATION RETREAT

## DRIGAR THUBTEN DARGYE LING SINGAPORE



The 4-day long 100 Million Ami Dewa Recitation Retreat 2019, organised by Drigar Thubten Dargye Ling Singapore and led by H.E. Garchen Rinpoche, has come to a complete fruition with a total of more than 1 billion mantra counts of 'Om Ami Dewa Hrih' jointly completed by more than 2000 retreatants from many different countries and Dharma friends who joined the online live sessions! Held from 9-12 August 2019, this retreat is the 9<sup>th</sup> and H.E. Garchen Rinpoche, in his closing speech said, "The retreat will continue

every year and when it is conducted, my mind is always here. Whenever you recite the Amitabha's mantra, my mind is always with you."

### **Pre-Retreat Kalachakra Empowerment**

For the first time in Singapore, H.E. Garchen Rinpoche has compassionately bestowed the Kalachakra Empowerment to the public on the eve of the 4-day retreat held from 7.30-9.30pm. More than 2000 people attended the session and received the empowerment. It was extremely touching and inspiring to see the most compassionate Rinpoche coming down from his throne seat to the seats of the participants and personally touching the crown of every single person, leaving no one out, even late into the night!

### **Day 1 – Bardo of Living and Bardo of Dreaming**

In essence, Garchen Rinpoche taught on the Bardo of Living and the Bardo of Dreaming and their importance in relation to dying. The precious human rebirth was highlighted and he emphasised the importance of studying, reflecting and meditating on the precious human life that we all have. With these, we can better understand the importance of habituating mindful awareness in our waking state so that we can practise overcoming fear and other projections in the dream state. And one of the ways to sustain mindfulness, is the Om Ah Hung Practice method. In addition, Garchen Rinpoche also taught that the easiest method to train in the dream state is to train our minds in cultivating pure perception and recognise that by nature, everything is inherently pure.

### **Day 2 – Bardo of Samadhi Meditation**

Garchen Rinpoche taught on the 3<sup>rd</sup> Bardo; the Bardo of Samadhi Meditation, which begins at the onset of the Buddhist path until one attains Buddhahood. This is a process of taming our mind where he emphasised sustaining the continuum of bodhicitta life after life. Also in this (present) life, it is important to know that the stability of one's practice closely dependent on our bodhicitta. In addition, the true state of Samadhi meditation is when the afflictive emotions are pacified by love and how one should sustain non-distraction and clear mindfulness all the time. Garchen Rinpoche conferred the Refuge Ceremony in the afternoon and gave a brief teaching on how



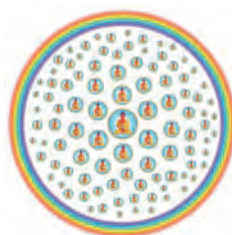
the essence of the three vehicles: Pratimoksha, Bodhisattva and Vajrayana were included in just the Refuge Vow, and that the ultimate Refuge is in the empty mind, infused with compassion.

### Day 3 – Phowa, Bardo of Death and Bardo of Becoming

On the 3<sup>rd</sup> day of the retreat, Garchen Rinpoche taught about the Bardo of Death and the Bardo of Becoming. The teachings on the Bardo of Death are what we should do or practise when approaching death. A key point he mentioned is to abandon attachment to family, companions, wealth, etc., and that if we really understand impermanence, we would ask ourselves what is the point of being attached to anything. Rinpoche emphasised again that having the slightest notion of anger is as good as hell, and the other afflictive emotions like greed, stinginess, etc. manifest the other lower realms. There are 3 levels of *phowa* (Vajrayana Buddhist meditation practice) related to the teachings:

1. **Dharmakaya phowa** – When one has realised the view/nature of the mind, clear-light state of mind.
2. **Sambhogakaya phowa** – When one has habituated to the deity and mastered the Union of the generation and completion stages of *yidam* practice, which is especially important during the Amitabha recitation retreat.
3. **Nirmanakaya phowa** – When one through whom enlightenment radiates, helping or inspiring others.

Rinpoche said that if one is only able to remember the form of Amitabha and his mantra, it is also sufficient. Or if we give rise to single pointed devotion to our Guru, this is also a *phowa*. Everything is in the 'Wishing Prayer of Dewachen', and if we only supplicate to Buddha Amitabha and recite this prayer, we will go to the Pure Land of Buddha Amitabha.



The Buddha Amitabha in Garchen Rinpoche's vision, infinite deities in the space

### Bardo of Dharmata

The transition period between the Bardo of Dharmata and Bardo of Becoming is also known as the Bardo of Dharmata. In this Bardo, Rinpoche taught about the various peaceful and wrathful deities, the difference in how they would appear—the former bright and brilliant, while the latter and dimmer light. He explained why it is important to not be frightened of the wrathful deities (bright and brilliant) or be attached to the dimmer, gentle and more comfortable light (that of one's afflictions), as when we become attached to the more comfortable light, it is how we take birth in the 6 realms of *samsara*. We should instead follow the bright light, which is the light of one's Buddha nature. In the 6<sup>th</sup> Bardo, which is the Bardo of Becoming, we have to single pointedly remember bodhichitta and remember the Guru, as at this point, one experiences intense suffering and craves frantically to find a body. It is said that if we always remember bodhichitta, we will naturally be liberated. The antidote for any affliction is to sustain pure perception. Pure view is indispensable at the time of the Bardo of Becoming. Rinpoche taught that pure perception is also the ultimate point of the Vajrayana teachings, and we should strive to cultivate this firstly based on understanding, and then have an actual experience.



There was also a special Robe and Hat Offering ceremony to the Sangha, where sponsors offered the red hats—symbolising the red meditative hat worn by the founder of Drikung Kagyu Lineage, Lord Jigten Sumgon.

### Day 4 – Mandala Offering, Jang Chog and Lamp Offering for World Peace and Well Being

On the final day of the retreat, the Lamas from Gar Monastery offered Mandala to Garchen Rinpoche, on behalf of all the people of Gar Monastery region after the teachings. It was also during this session, Dorzin Dhondrup Rinpoche also expressed his heartfelt gratitude towards all the Gargon lamas for upholding the Dharma activities and management of the monastery during the absence of Garchen Rinpoche. It was a moving sight as it was the first time more than 20 monks from the Gar Monastery has come together at the same time, including Rinpoche's immediate family members who joined in the mandala offering as well.

In the second part in the afternoon, the Jang Chog session was opened for public to join in. Rinpoche conducted the Jang Chog Puja personally, for blessing, merits accumulation and protection for the living beings; and also the purification of the negative karma as well as merits dedication to the deceased for liberation.



Lastly, Rinpoche led the retreatants in making vast lamps offering to the Noble Ones who Dispel the Darkness of Ignorance, and a circumambulation, followed by dedication of merits accumulated during the retreat to all sentient beings. After the retreat closing, representatives from charities collected the *tsok* offering of food.

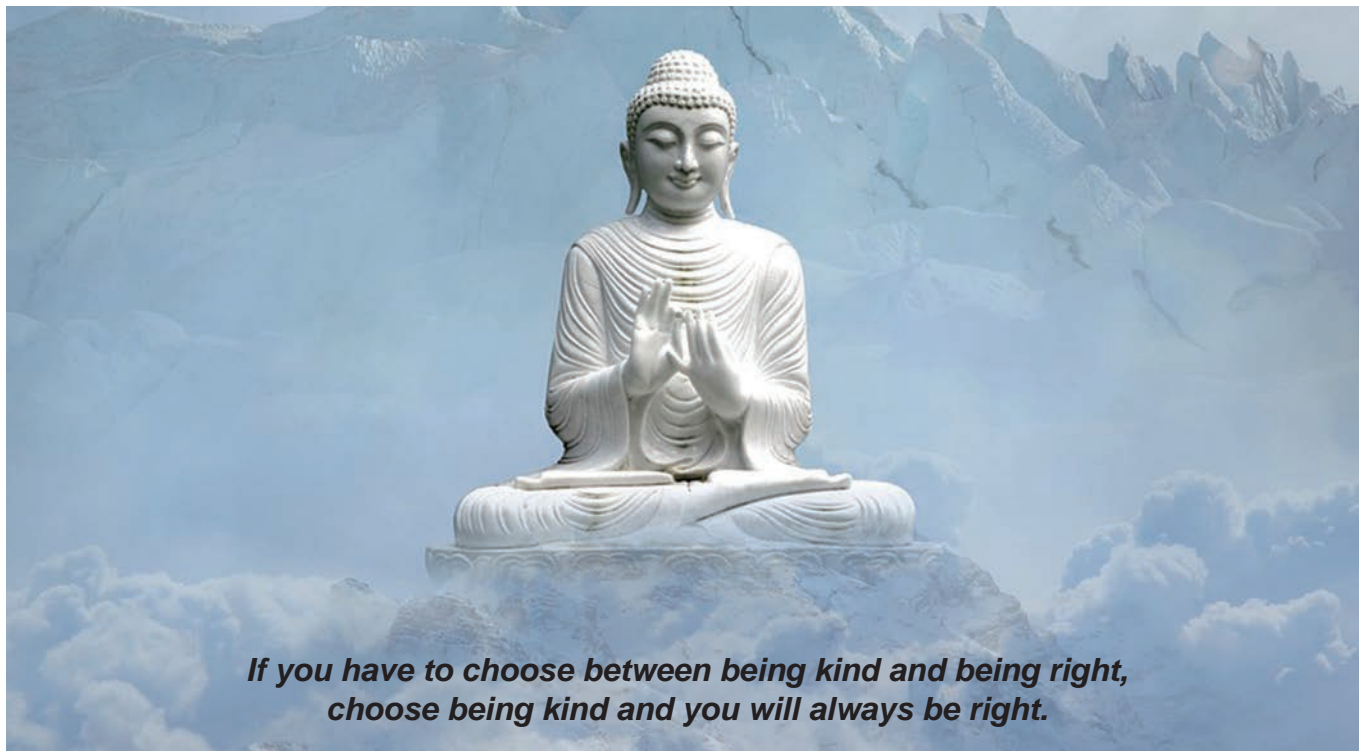


Photo Credits: Drigar Thubten Dargye Ling Singapore

# JOURNEYING WITH GRATITUDE

## KAMPUNG SENANG CELEBRATES 20 YEARS

- JOYCE LYE -



Recounting the heartfelt aspirations and determination in setting up Kampung Senang 20 years ago, it is clear that the motivation to care for the people and the environment—provide wellness education and chronic illness prevention care and raise environmental awareness—superseded and surpassed all other considerations. I left my career in the financial sector, donated a huge portion of my savings, made arrangements for my children to receive local education instead of overseas undergraduate studies and so on. The motivation to serve the community and contribute to society was paramount, it was my way of expressing gratitude and tribute to the country that has provided stability; and to my parents, for raising me.

### **Kampung Senang Mission**

- Provide compassionate care for people in need
- Spur adoption of health enhancing and eco-friendly lifestyles
- Foster harmony within our communities and our planet

Established in February 1999, Kampung Senang Charity and Education Foundation (Kampung Senang) is an eco-conscious charity with Institution of a Public

Character (IPC) status reaching out to serve all people, regardless of cultural or religious background through compassion-filled charity programmes and education on holistic environmentally friendly lifestyles. Kampung Senang represents the Global Village of Inner Peace, a place where harmony, beauty, and unity prevails. Kampung Senang delivers its caring mission through its children care, student care, and elderly services, mobility aids services, holistic and compassionate services, and educational programmes for helping the public.

Kampung Senang hopes that through this holistic approach in caring for people, we can in turn create a world where people are inspired to act with gratitude, respect and unconditional love towards life and nature. Developing the peace of mind, maintaining physical wellness and living in harmony with nature, is key to achieving the essential mind-body-spiritual balance. Which is also the key to improving quality of life, based on the foundations of the 4 Immeasurables and also the 6 Paramitas, which can be enacted through various social services.

**Loving-Kindness:** In our daily life, we show care and concern towards people from all walks of life, regardless of their background, age and circumstance. At our centres, we strive to bring happiness to the elderly, comfort to the sick, joyful learning to the young. In this way, we can also harness the power of loving-kindness collectively for the good of all.

**Compassion:** We lend a listening ear, and provide a safe healing space through natural and food therapies, to alleviate the pain and suffering of the sick.

**Appreciative Joy:** We use joyful ways to promote green and healthy lifestyle to raise awareness of humanity's impact on the natural ecology—how we can better appreciate and love our environment and live in harmony with nature.

**Equanimity:** We dedicate our time, energy and resources to help every single person who comes to Kampung Senang for help. This is the attitude and the heart of equanimity—to give selflessly without judgement and treating everyone as equal.

These 4 Immeasurables, are the rich and profound teachings of the Buddha that we take heart in practising, in everyday life—24-4-7. Every single thought, speech and action is filled with boundless love and positive energy. And in service to others, we enact the 6 Paramitas: generosity, discipline (ethics), forbearance, perseverance, meditative concentration and wisdom.

**Generosity:** We implemented a compassionate financial support programme for patients undergoing treatment so that they can focus on recuperation and recovery. This includes organic vegetables delivery to the patients to help educate them on healthy eating, eco literacy and also provide opportunities for interaction.

**Discipline (ethical living):** We also inculcate self-discipline through ethical living such as adopting a vegetarian diet—to not kill for the sake of obtaining food. This also includes serving humanity with respect and

integrity in our daily interaction with others.

**Forbearance:** In our service to society and humanity, we do not take to mind the ridicule, slander posed by others. Instead, we maintain composure with clarity that our every action is guided by pure intention to help, regardless of the objections, doubts and criticism.

**Perseverance:** Since the founding days of Kampung Senang, there have been ups and downs, but what is most important is that we have persevered the past 20 years to reach where we are today. And we will continue to endure whatever it takes, to continue to care for people and the environment, with unwavering courage and perseverance.

**Meditative Concentration:** Learning from meditative concentration, we maintain our focus and concentration on what needs to be done, always remembering our motivation and unaffected by distractions or circumstances.

**Wisdom:** We develop the pure loving-kindness that transcends race, culture, religion, ethnicity and social status. We care for everyone, guided by compassion and not selfless or self-indulgent reasons. The wisdom is to practise patience in interpersonal relationships, maintain harmonious environment for all to flourish.

Everything starts with a small seed of thought planted, and this seed will eventually sprout and grow into a tall tree. Kampung Senang, likewise was conceptualised with an initial thought to help others. In the past 20 years, we are grateful to have been able to serve society, with the support of sponsors, contributors, collaborators and support from various organisations such as *For You Information*, Kong Meng San Phor Kark See Monastery, Buddhist Life Mission, Buddha Tooth Relic Temple, Golden Pagoda Buddhist Temple, Vimlakirti Buddhist Centre (Cheng Beng Buddhist Society), Singapore Buddhist Youth Mission, Kwan Im Thong Hood Cho Temple, Mahakaruna Buddhist Society, Firefly Mission and many more compassionate organisations.

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This is a translated transcript of Sister Joyce Lye's Congratulatory Message on *For You Information's* 30<sup>th</sup> Anniversary Celebration where she recounted and reflected on her own journey, as one of the founders of Kampung Senang, drawing reference from how the Buddha's teachings have helped to build the foundation and shape the vision that Kampung Senang has for humanity and the environment.

# BOUNDLESS LOVE

## KAMPUNG SENANG 20<sup>th</sup> ANNIVERSARY DINNER

Kampung Senang Charity and Education Foundation held its 20<sup>th</sup> Anniversary Dinner on 28 July 2019, at Toa Payoh Safra. Graced by Deputy Prime Minister and Minister for Finance, Heng Swee Keat and Member of Parliament, Tin Pei Ling, the dinner celebration kick-started with the National Anthem being sung in celebration of the then-upcoming National Day. This was followed by performances, dance, telepoll and charity auction as the dinner was held to also raise funds to sustain Kampung Senang's services and operations. The funds raised will be used for elderly care services, mobility aids services for the disabled, cancer patients support services, free Traditional Chinese Medicine (TCM) services, many of whom come from low-income families. Outside the banquet hall was also an art exhibition featuring works by local artists and budding artists from Art Assist.



### OUTREACH AND BENFICIARIES

For the past 20 years, Kampung Senang has helped more than 18,000 beneficiaries of different cultures and age groups, repaired and serviced wheelchairs for more than 5,000 families. The infographic shows its impact on the community over a 12-month period (October 2017-September 2018). To contribute, call the Telepoll lines at 1900-112-6210 (\$10), 1900-112-6230 (\$30) and 1900-112-6250 (\$50), or 6749 8509 (above \$100).



### CELEBRATING SINGAPORE'S 54<sup>th</sup> BIRTHDAY



In conjunction with Singapore's 54<sup>th</sup> Birthday and Kampung Senang 20<sup>th</sup> Anniversary, Kampung Senang is giving away Free TCM Consultation cum Quantum Bio Analysis at Blk 106, Aljunied Crescent on 3-4 September 2019. Please call 6749 8509 for appointments. Regular TCM services are on every Monday-Friday, 9am-12pm at Blk 840, Tampines Street 82. For more information, please call 6785 2568.

Photo Credits: For You Information and Kampung Senang Charity and Education Foundation