



寺内绿舍利塔



寺内莲花生大士像



桑耶寺



寺内喇嘛为“天然形成的”释迦牟尼佛像刷金

桑耶寺

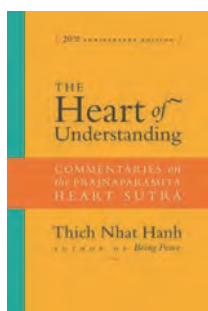
——雪域高原的“极乐净土”

位于西藏山南地区的桑耶寺，始建于公元8世纪吐蕃王朝时期，是西藏第一座具备佛、法、僧三宝的正规寺院，在藏传佛教界具有崇高的地位。

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TOUCH YOUR HEART AND AWAKEN YOUR CONCIUSNESS

Books by Thich Nhat Hanh and Sogyal Rinpoche

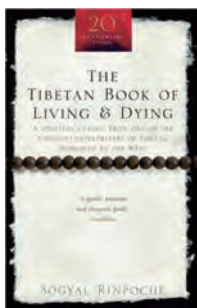


THICH NHAT HANH

Born in Hue, Vietnam, Thich Nhat Hanh is a Buddhist monk, poet, scholar, and human rights activist. Nominated by Dr. Martin Luther King, Jr. in 1967 for the Nobel Peace Prize, he continues to inspire many and is the author of more than 100 books, and is one of the best known Buddhist teachers in the world today. His best-selling books include *Being Peace* and *Buddha Mind, Buddha Body*. He now lives at Plum Village, his meditation center in France, and travels worldwide, leading retreats on the art of mindful living.

The Heart Sutra (known also as the *Prajñāpāramitā Sutra*) is recited daily in many Mahayana temples and practice centers throughout the world. Though the Chinese translation contains only 632 characters (one of the shortest sutras), it is regarded as the essence of Buddhist teachings, offering

both subtle and philosophical teaching. Thus, despite its brevity, it presents a profound discourse; explanations and teachings on non-duality and the letting go of all preconceived notions, opinions, attachments, and becoming open to all the wonders of life. Thich Nhat Hanh's translation and commentary are the fruits of the author's more than 60 years of monastic study and practice. He describes the sutra as "a precious gift to us, the gift of fearlessness". This revised version of *The Heart of Understanding* celebrates the 20th anniversary of the initial release and features a new introduction by Peter Levitt, poet, Zen teacher and author of *Fingerpainting on the Moon* and a new afterword by Thich Nhat Hanh.



SOGYAL RINPOCHE

A Tibetan Dzogchen lama of the Nyingma tradition, Sogyal Rinpoche is the founder and spiritual director of Rigpa and is also the author of the best-selling *The Tibetan Book of Living and Dying*, which has been printed in 30 languages and 56 countries. He has been teaching for more than 30 years and continues his worldwide propagation of Dharma with an international network of over 100 Buddhist centres and groups in 23 countries worldwide.

This is a revised and updated edition of the internationally bestselling spiritual classic, *The Tibetan Book of Living and Dying*, with the original publication in 1992 by Sogyal Rinpoche. Widely considered as the ultimate introduction to Tibetan Buddhist wisdom, this

book, other than including a comprehensive introduction to the practice of meditation also provides enlightening wisdom on how to understand the true meaning of life, how to accept death, and how to help the dying and the dead with love and compassion. More interestingly, it provides a meeting point, an interplay between life, death, faith, spirituality and science – all systematically assembled into one complete, practical, and wise book.

PHOR KARK SEE MONASTERY

1st Female Laity Graduation



The first Basic Monastic Training Course Female Laity Graduation Ceremony was held on 8 Jul at Buddhist College of Singapore (Nun Campus). Attending this ceremony to mark the end of the 2-year training were Rector Ven. Kwang Sheng, Vice-Rector Ven. Chuan Hou, the Dean of Academic Affairs Office Ven. Chuan Xiong, the Head of Admin Office Ven. Chuan Deng, the Head of Monastic Training Office Ven. Quan Zhi, Vice-Dean of Nuns' Campus Ven. Yuan Xing, Class Mentor of Nuns' Campus Ven. Ming Hao, staff, students, and other guests.

Buddhist College of Singapore

The Official Opening of BCS and its 10th Anniversary celebration will be held on 10 Sept, 10am at Hall of No Form, PKS with Prime Minister Lee Hsien Loong to officiate the ceremony. Representatives from China's State Administration for Religious Affairs and the Buddhist Association of China will also be attending the official opening ceremony.

AMITABHA BUDDHIST CENTRE

Dharma-Wheel Turning Day



ABC celebrated the Wheel Turning Day (*Chokor Duchon*) and Most Secret Hayagriva Prayer Festival from 6-7 Aug, with prayers performed by Khen Rinpoche Geshe Chonyi and the Sang-

ha. Chokor Duchon Day commemorates Lord Buddha's first teaching at the Deer Park at Sarnath in Vanarasi on the 4th day of the 6th month where he bestowed his first teachings upon the five ascetics (also his first disciples). This day is also considered one of the merit multiplying days, where according to the Vinaya text, *Treasure of Quotations and Logic*, all actions done on this day will be magnified by 100 million times.

Most Secret Hayagriva Puja



Also known as the *Tamdrin Tsog Kong*, this puja has a history that dates back to 600 years ago that includes an extensive confession practice, elaborate offerings of items such as incense, flowers, lights, food, medicinal nector, beautiful decorative 'tormas' (ritual offering cakes) and also 'tsog' (gathering of offering) to serve as wishes for protection against obstacles and harms.

POH MING TSE

Ullambana – Filial Love

PMT held the annual Ullambana Prayer – Celebration of Filial Love and Parental Gratitude on 17 Aug from 9am-7pm, with prayers led by Ven. Kuan Jing.

TAI PEI BUDDHIST CENTRE

Destination Pureland

The last session of the 4th run of Destination Pureland: How to have the Best Rebirth was held at TPBC on 30 Aug. Conducted by Shen Shi'an, an independent Buddhist teacher and writer, in this series of lectures, he continued to tackle many topics related to the aspiration for Pure Land, skillful pre-death practices, organ donation, use of Rebirth Blanket and Blessed Sand and other related questions using the key study text; *The Pure Land Passport: The Three Great Essentials When Approaching Death* 《临终三大要》.

FO GUANG SHAN

3rd Buddhism Youth Forum

FGS (Singapore) will be holding the 3rd Humanistic Buddhism Youth Forum from 9-11 Sept with the objectives of promoting awareness, research and propagation of Humanistic Buddhism by Buddhist youths, and to study the roles and functions of Buddhism in purifying the minds and positively influencing the society with the theme 'Equality and Peace: Practical Concerns and Future Outlook of Buddhism'.

KARMA KAGYU

Grand Zambhala

KKBCS's Abbot, Ven. Shangpa Rinpoche will be leading the Dzambal Puja and Empowerment on 10 Sept from 10am-9.30pm.

Kagyü Monlam

The Monlam Prayer Festival, also known as the Great Prayer Festival falls on the 4th-11th day of the 1st Tibetan month to pray for the long life of all the holy Gurus of all traditions; for the survival and propagation of the Dharma in the minds of all sentient beings. This will be held on 11 Sept from 9am-6pm. For more details, please visit:

www.karma-kagyud.org.sg

BUDDHIST FELLOWSHIP

Metta Charity Run 2016

	Early Bird Period (Till 14 Aug)	Normal Period (15 Aug onwards)
Adult	Group of 4: \$130 Individual: \$45	Group of 4: \$150 Individual: \$50
Parent & Child 1.5km Fun Run	Group of 4: \$170 Parent: \$55 Child: \$20	Group of 4: \$190 Parent: \$60 Child: \$25

This year, BFYS's charity run will be on 10 Sept at Big Splash East Coast for all; the young and old, including a run category for the family; a Parent-and-Child Fun Run with route of 1.5km. For more details and registration, visit:

www.metta.org.sg

TAI PEI BUDDHIST CENTRE 2016 NATIONAL DAY DHARMA ASSEMBLY



On 7 Aug, two days prior to Singapore's National Day, TPBC held a National Day Dharma Assembly – Sangha Offering and Prayer Dedication for the nation from 10am-4pm. The assembly focused on the recitation of sutra and dedication of prayers through *Scripture for Humane Kings* 《仁王般若波罗蜜》，which is also known as *Prajnaparamita Scripture for Humane Kings Who Wish to Protect their States*. Though the full title indicates that it is a *Prajñāpāramitā* – Perfection of Wisdom text 《般若波罗蜜》，it is better characterised as a blend of transcendent *Prajñā* – True or Transcendental Wisdom (般若), *Tathāgatagarbha* – Buddha Principle (如来藏) *Yogācāra* – Consciousness-Only (唯识宗) teachings.

With the primary focus on the teachings of humanness and forbearance other than meditation and wisdom, the sutra is used to dedicate protection, merits and well-wishes for good governance, peace and prosperity for country and its people.

The morning session of sutra recitation was led by Venerable Jing Seng (净森法师), attended by 16 venerables and Sangha of about 100, later joined by 150 young Buddhists from Tai Pei Dharma of the Young during the Sangha Offering (供僧) session. Some of them were as young as five years old, and they demonstrated their love and gratitude for the nation by joining in the prayers. This was followed by a presentation of offering to the Sangha, celebration of cake-cutting and lunch.

The afternoon session was one of reflection, gratitude and aspirations where attendees penned their well-wishes for the county, truly showing the essence of appreciation of the peace, harmony and economic stability as well as personal aspiration to also contribute back to the socio-economic development, without forgetting to cultivate one's heart and mind in spiritual development.

NATIONAL UNIVERSITY OF SINGAPORE BUDDHIST SOCIETY BUDDHISM AND FAITH



NUS Buddhist Society organised a lecture titled “Buddhism and Faith – Living in a Dream” by Khenpo Sodargye (索达吉堪布) on 19 Jul at the National University of Singapore UTown-Auditorium. Born in the eastern region of Tibet known as Kham in 1962, Khenpo Sodargye was ordained in 1985 at the renowned Larung Buddhist Institute, the largest Buddhist academy of its kind in the world, also in present-day Sichuan province of the People's Republic of China.

Since then, he trained closely with His Holiness Jigme Phuntsok Rinpoche, who was himself one of the great luminaries of his generation. And in 1995, he accompanied H.H. Jigme Phuntsok to Singapore during a worldwide dharma tour and since then, his affinity with Singapore continues to grow, especially with the support of Wisdom & Compassion Singapore Bodhi Society (新加坡菩提学会).

In this lecture, Khenpo Sodargye answered many questions related to Buddhism and Faith, “Buddhism is the religion of wisdom – truth of the world and the Universe. There shouldn't be blind faith though wisdom and faith is complementary.” He emphasised to attendees to be discerning even though there must be faith, belief, trust and respect for the Buddha's teaching and practice. These elements, especially Buddha's teaching is crucial for not only spiritual advancement but living in today's world as “the essence of Buddhism contains not only wisdom for worldly living, but also wisdom (of the Universe) beyond our material world”. He continued to explain, “Faith without understanding is ignorance, just as blind faith is equivalent to superstition, and wisdom without faith can lead to wrong view(s) and wrong understanding.” For more of Khenpo Sodargye's books, and teachings, visit: www.khenposodargye.org.