



Chokgyur Lingpa Foundation

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*H.E. Tsikey Chokling Rinpoche and Kyabgön Phakchok Rinpoche,
Spring, 2011*

The Chokgyur Lingpa Foundation was founded in 2006 by His Eminence Tsikey Chokling Rinpoche together with his son, Kyabgön Phakchok Rinpoche.

The sole mission of the Chokgyur Lingpa Foundation is to benefit sentient beings and preserve the Buddha's sacred teachings.

www.cglf.org

INTERNATIONAL PHOWA RETREAT JUNE 2011

For five days from 15 to 19 June 2011, H.E. Tsikey Chokling Rinpoche kindly taught the Phowa practice from the Chokling Tersar tradition to about 300 participants from 16 countries. It was an amazing experience for everyone, even for those who have known and followed Rinpoche for a long time. While the organizers planned for the retreat to last for five days which is already shorter than most other Phowa retreats, with Rinpoche's kind and remarkable blessings all participants received the sign of success within two and a half days!

Here is what some people said about the retreat:

"I have been to many retreats, but this is the most well-organised one. Well done!"

- Participant from USA

"The retreat was amazing; three hundred people from all over the world attended and all received the sign of success in the practice within two and a half days. For those who had never met Chokling Rinpoche before, they gained deep trust in him and for those of us who already knew Rinpoche, our trust and confidence in his amazing blessings was reconfirmed and deepened. When Chokling Rinpoche gave the meditation instructions on the first day, Phakchok Rinpoche interpreted and also showed the animation of the visualization that some of his students had made especially for the retreat. After the first one or two sessions, the practitioners were split up into smaller groups.

During the practice sessions, Chokling Rinpoche would go from group to group and simply sit at the front of the room moving his hand up and down as we did the chanting and visualization.



After ten minutes or so, one of the senior monks from Ka-Nying Shedrub Ling would start checking people's heads for the sign, and sure enough there would be another handful of people who had received it.

Then Rinpoche would get up and go to the next group, and again, after ten minutes or so, another handful of people would have received the sign. When we asked the gentleman who had been the first to receive the sign what he had been focusing on, he said, "I just focused on Chokling Rinpoche and watched his hand move up and down, that's all."

At the evening of the second day, there were only two people left to complete the practice. Chokling Rinpoche called everyone into the large assembly hall, told the remaining two to sit in the middle and everyone else to sit encircling them. Sure enough, within ten or fifteen minutes of doing the practice the remaining two participants had received the sign at which point the assembly hall burst into applause."

- Participant from UK

Thanks to all the organisers for their hard work!

SADHANA RITUAL COURSE

*Sadhana Ritual Course,
October 17 – November 17, 2011*

This year we held our second Sadhana Ritual Course at Pal Kagyud Shedrup Tashi Dhargay Phuntsok Ling Monastery (aka Riwoche Monastery), Kathmandu, Nepal . The course focused on two of the most widely practiced sadhanas from the Chokling Tersar—Tukdrub Trinley Nyingpo (a Guru Rinpoche practice) and Zabtik Drolma (a Green Tara practice)—and was attended by fourteen participants from ten different countries.

Tsikey Chokling Rinpoche and Phakchok Rinpoche kindly bestowed on us the empowerments and oral transmissions. We were then instructed by four fantastic teachers from Ka-Nying Shedrub Ling monastery in Boudhanath: Lama Tsultrim Zangpo who taught us the Trinley Nyingpo, Lama Tenpal Gyatso who taught us Zabtik Drolma, Sherab Puntsok who taught us how to make tormas, and Chopon Buchung who taught us how to be the shrine master.

The schedule was intense—classes and practice sessions six days a week from 9am to 6pm with a short lunchbreak—but we really learnt a lot. We were also extremely fortunate to receive teachings and advice from Phakchok Rinpoche several times.

The course ended fittingly on November 17, which was Lhabab Duchen, one of the most important Buddhist anniversaries. Most participants attended the elaborate puja held at the monastery and during the lunch break Chokyi Nyima Rinpoche kindly gave us an audience and some final advice.

A lot of us are already looking forward to next year's course.

For details, see Upcoming Events below.



PAL DO-NGAK NYIDA ZUNGDREL MINDROL NORBULING MONASTERY (AKA VAJRA VARAHI MONASTERY)

When Tulku Urgen Rinpoche first arrived in Nepal from Tibet, the flat land at the top of the terraced fields next to the Vajra Varahi forest in Chapagaon was all fields – corn, rice, mustard seed.... For 400 years, the shrine of deity Vajra Varahi has stood alone in the forest, her wrathful presence the focus of daily worship from Buddhists and Hindus alike.



A group of young monks before the monthly Guru Rinpoche Day puja

Thirty years later, Nem Raj Shakya of Patan built a small monastery next to the forest and offered it to Tulku Ugyen Rinpoche in memory of his mother. Later, Tulku Urgen Rinpoche gave the monastery to his son Chokling Rinpoche, who requested that his son Phakchok Rinpoche take care of the monastery affairs. While Phakchok Rinpoche was studying in Shedra, a group of Riwoche monks undertook retreat in the monastery. Later, after completing his studies, Rinpoche introduced the first group of young monks to begin their studies. Those first monks are now in the third of their five-year philosophy program after which they will begin Shedra, the long road to becoming a Loppön or Khenpo.

Fifty-four young monks now live, study, and play in the small monastery. They come from many different regions of Nepal: Dolpo, Nubri, Mugum, Ilam and Solu Kumbu among others, Some are

inspired to join the monastery as young adults. Others are encouraged by their families at an earlier age.

Duties of care of younger monks are shared between all the older monks in rotation, overseen by a manager and deputy manager – Lama Shakya Thekchok Gyaltzen and Lama Pema Dundrup. Monks learn English, Mathematics, Nepali, and Tibetan in formal classes every day in addition to memorization. They help with cooking (Ngawang Gyatso is renowned for his dishes and cooks when the Rinpoches' visit Chapagaon!) and cleaning the monastery helped by two local staff. They also have time for recreation and the monastery's football (soccer) team is well known and very dedicated!

Every morning and afternoon puja is conducted by the young monks with special pujas celebrated at the wishes of sponsors, and on Guru Rinpoche and Dakini days each month. The young monks take on the roles of shrine master, chant master (two of each), drummers and musicians with great alacrity and skill!



A drawing of the monastery by one of the young monks

DENTAL & MEDICAL CAMP

Fifth Annual Dental & Medical Camp

On November 20th 2011, a team of twenty doctors and dentists from Singapore, Malaysia as well as three doctors from Nepal, loaded into six jeeps for the final 45 minute journey high up into the hills above Pokhara. They were returning to Deupur village, the site of an earlier dental camp held in 2008. The steep winding unpaved roads gave way to spectacular views of Machupucchre and the Anapururna mountain ranges, with fold upon fold of valleys falling away down to the river far, far below.

The steep but beautiful terrain accounts for the prevalence of knee pain among the 1,050 patients that were seen by the medical team, all within three days time. Gastric problems, skin and eye infections, and back pain were all common. A large hernia was identified in one patient and along with two others we arranged for them to attend hospitals in Kathmandu which offer free surgery.

Interestingly, the blood pressure and diabetes screening revealed little incidence in this active yet

simple community. Patients were reassured to hear that they didn't suffer from the same ailments as their city dwelling relatives!

The pharmacy was staffed by two of our volunteer Nepali nurses and supported by a team of twenty people. They were kept busy all day long distributing free medicines, vitamins, and anti-worm medicine. At the same time, the dentists built up a fine collection of fillings and pulled teeth from the 400 plus patients that passed through their hands. The lines were long but all were good natured!

When all was said and done the team came back to Kathmandu, met with both Chokling Rinpoche and Phakchok Rinpoche, and had a well-deserved dinner. They discussed their experiences of treating patients here in Nepal and also asked inquisitive questions about Buddhist views. All felt inspired to continue working together in future years with the same intention to bring people the security that their health and wellbeing is cared for by people with the means to help.



RATNA JEWELS

Several years ago, when seeing disciples searching for something to help them at the time of death Phakchok Rinpoche was inspired to create the first Ratna Jewels item: *Six Jewels of Liberation*. From that humble beginning, Ratna Jewels is now a collection of more than twenty genuine Dharma items, produced solely with the motivation to benefit all sentient beings and to facilitate and complement the spiritual practice of Buddhists in general. When practitioners receive these items, they benefit by obtaining a genuine dharma item made according to authentic teachings, and they also accumulate merit since proceeds go towards our humanitarian and charitable projects.

Each product is specially made with close consultation and guidance from Phakchok and Chokling Rinpoches based on the teachings of Buddha Shakyamuni, Guru Rinpoche, and other great masters. For example, our Vajrakilaya phurba is made in the exact size that is specified in our Chokling Tersar Vajrakilaya treasure text, which specifies the length in terms of grains of rice. It is also made with nine rare metals: meteoric, thunderbolt, weapon, sword/knife, gold, silver, copper, revealed treasure metal, and antique statue metal, as prescribed by Padmasambhava. In these degenerate times, the art of making many such items in the exact manner which is described in the ancient texts is slowly dying out.

Every dollar from the Ratna Jewels has been used solely for Dharmic and humanitarian purposes, including :

- Supporting the education and welfare of around 80 young monks in Chapagaon and Tinchuli, Nepal

- Supporting the building of sacred shrines and temples, in Lumbini (the birthplace of Lord Buddha Shakyamuni) and Zangdok Palri (Glorious Copper-Coloured Mountain) in Chapagaon, Nepal
- Contributing towards payment of the outstanding medical bills for ten Tibetans and nine young Malaysian children from various ethnic groups with chronic diseases
- Supporting the development of various means to preserve and propagate the Buddhadharma, including Buddhist TV channels
- Supporting the various retreat and meditation centres under Rinpoches' care, so as to provide a conducive environment for practitioners



These precious items are beyond the measure of mere dollars and cents as they embody the blessings from the enlightened teachings. We make these items in order to make it available to practitioners who otherwise would not have been obtain them, and also as a contribution towards the preservation of the precious teachings. We rejoice in the merit of the thousands who have invited these precious items into their homes!

CGLF MEMBERSHIP

This year, Rinpoche wishes to make CGLF membership available to anyone who wants to be a member. This means that there are more options for becoming a member: Patron – \$1000 or more; Sponsor – \$1 per day or \$365; And Benefactor – any amount that is possible for you.

Every gift is a meaningful gift and will go a long way to furthering the work of the Foundation. There won't be any difference in terms of how valued you are as a member. Rinpoche really wanted me to make it explicit that there isn't a certain amount that anyone has to give in order to become a member this year. In short, this is echoing the original intention of creating a membership program through which the sangha can come together as a whole to support and encourage the work that is being done.

There are already twenty-six people who have signed up to be members of the Chokgyur Lingpa Foundation in 2012. Together they have donated well over \$15,000! If you have not signed up to become a member and you would like to, please go to our website:

www.cglf.org/membership/become-a-member and click on 'become a member'.

Thank you very much for your generosity and support!



CGLF members form a worldwide community coming from more than ten different countries!

PROJECT UPDATES

Serving the Community : Training Tibetan medical doctors

This project is part of our Foundation's ongoing efforts to enable communities to access affordable, effective healthcare, and to improve their overall standard of living. A brainchild of Kyabgön Phakchok Rinpoche, it aims to provide training in Tibetan medicine to members of the ordained sangha as well as villagers from remote areas in Nepal who do not have access to quality healthcare treatment. After undergoing this training, the



full-fledged Tibetan doctors will then go on to serve the people at their respective monastery, villages or the wider community, thus providing self-sustaining, continuing healthcare treatment to their communities.

The program is estimated to run for six years and aims to provide a holistic education, including the making of Tibetan medicine. This will enable them to serve patients in all aspects and in whichever locale they are in. The project began on the auspicious day of Lhabab Duchen (17th November 2011) and is currently being held at Riwoche Monastery in Tinchuli, Kathmandu. It is being taught by Dr. Urygen Kalsang, a Ladakh-trained Tibetan Medical Practitioner. The first batch of students includes two monks from Ka-Nying Shedrub

Ling monastery, one monk from Vajra Varahi monastery, and three young men from Nubri in northern Nepal. We hope to have two or three more students join in the near future.

By contributing to this project, you can help not only the students, but also serve the community directly by your sponsorship of this noble project. To see how you can contribute, please email gem.gan@cglf.org or visit <http://www.cglf.org/projects/activity.html>.

Phakchok Rinpoche's new website

Next month, we'll be launching Phakchok Rinpoche's new website. Please take a look (www.phakchokrinpoche.org)! In June, with the help of some of Chagdud Tulku Rinpoche's students from Khandro Ling in Brazil, we also opened the amritaheart website for students following Rinpoche's teachings on the Taklung Kagyu Mahamudra text, *The Amrita of the Essential Accomplishment*. Since then, Rinpoche has been posting regular instructions on the site and has also been answering students' questions. People have found the website extremely helpful since it keeps them in touch with Rinpoche and the teachings, staying connected in spite of the many hundreds of miles that lie between us.

In the following months, we'll be launching a small website for those following Rinpoche's Nine Yanas teachings with the wish that it will be a place where we can share recordings of these teachings, study and practice resources, and also post Rinpoche's answers to students' questions.

Scholarship Programme

This year, we were again fortunate enough to

have the chance to help select students for Albukhary International University from Nepal, India, and Bhutan. Albukhary International University (www.aiu.edu.my) is a new university in Malaysia that is dedicated to sponsoring the studies of students from the poorest countries in the world with the aim that they will then return to their countries to serve their fellow citizens by sharing their knowledge and helping to improve the conditions there. Seven students from Nepal, three from India, and three from Bhutan were admitted in this year's September intake. They were overwhelmed by the size and grandeur of the university when they first arrived, but are now happily settled in. For the next few months they'll be working hard to improve their English language skills during the Foundation Studies programme before beginning their Bachelor studies next year. We've already begun the search for candidates for 2012, and we hope to be able to submit candidates from Bangladesh as well.

Riwoche Monastery

Over the last three months, eleven new young monks have entered Riwoche monastery making a total of twenty-three young monks now living and studying at the monastery. They all settled in very fast and seem extremely happy. These days, the lunch hour is filled with the noise of the young monks playing in the grass and the mornings and evenings with their very loud, enthusiastic reading as they learn the Tibetan script. Since August, Ngawang Tenpa, one of the monastery's most senior monks, has been managing the monastery and also acting as the disciplinarian, to very good effect. Needless to say, he is doing a wonderful job. Each of the monks have been allotted certain responsibilities, such as cleaning, looking after the garden, feeding the dogs, managing the water supply, arranging the shrine hall offerings, or supervising the youngest monks' studies. Lama Tsegyal, an elderly lama originally from the main monastery in Riwoche, Tibet, is

teaching them ritual practice, such as how to play the different instruments, be chant master, shrine master and so on, according to the Taklung Kagyu Riwoche tradition. In this way, this unique tradition is being passed on to the younger generation and revived. At the same time, their Tibetan, Math, English, and Nepali studies are continuing as usual and all the monks are making steady progress.

Vajra Varahi Healthcare Clinic Update

The winter season at Vajra Varahi Healthcare clinic opened with the arrival of the first of three groups of acupuncturists and massage therapists from the Acupuncture Relief Project (ARP). ARP volunteers have been staffing the clinic each year from September until the end of March, providing a range of therapies in the main clinic at Chapagaon and each of our five outreach clinics at Godawari, Sipadol, Bhaktapur and Champi. Champi is the latest addition, and like the others is a result of community demand. The village health post has been made available to Vajravahari Healthcare, and is a wonderful destination for a beautiful walk from Chapagaon, through the valley and across the river: thirty minutes of tranquillity before starting a very busy day.

From December through April we are also joined by Simon, volunteer optometrist, who sees patients once a week, prepares prescriptions, identifies eye disease for referral and gives out donated reading glasses to elderly community members in need.

All appointments at the clinic are booked solid – nearly 500 appointments each week, with an actual attendance of around 80% - although the start of harvest and the end of Tihar (Nepali New Year – a major festival) have occasionally left empty waiting rooms by lunchtime!

Gomde Cooperstown

This summer marked the third consecutive year that students have gathered at the Gomde center in Cooperstown, New York, to receive teachings from Phakchok Rinpoche. Following the structure of the Nine Yanas' program, teachings were given on the third Yana, the Mahayana Path. Rinpoche gave practical meditation advice and also traditional instruction on topics such as bodhicitta, the four immeasurables, emptiness meditation and the practices of a Bodhisattva.



In total there were 48 participants at the retreat this year: some coming from as far away as Mexico, Brazil, and Finland (one of them visiting the United States for the first time!) while some other folks came from just down the road. More members of the local Sangha attended the retreat this year than in any previous year, and with their help Gomde Cooperstown is slowly developing into a place that will be able to host many community events, health workshops, and Lamas every year. Rinpoche's vision also includes building cabins where practitioners can do solitary retreats on a donation basis.

We presented a film about HH Dalai Lama's mother (Mayum Chemo) along with a catered vegetarian supper on September 24, before dismantling the temporary shrine hall for the winter. About 35 people attended. One of our local members very kindly made virtually all the arrangements on their own and also guaranteed the expenses.

The fall 2011 series of classes with Matthew Zalichin began on September 12, 2011. Classes include "Introduction to Meditation", teachings on *The Eightfold Supreme Path of Mind Training*, Khenpo Tsultrim Gyamtso Rinpoche's *Progressive Stages of Meditation on Emptiness*, and Gampopa's *Jewel Ornament of Liberation*, as well as revision classes for the first three years of the Nine Yanas program. With this year-round series of program, a strong foundation is being laid for the future at Gomde Cooperstown.



Phakchok Rinpoche and local Sangha performing a smoke offering on the land after raising new prayer flags.

**FOR MORE INFORMATION, PLEASE GO TO:
WWW.GOMDECOOPERSTOWN.ORG**

GURU'S HEART ADVICE

The third part of a teaching given by Phakchok Rinpoche several years ago in Boudhanath to a small group of students, sharing some of the most reassured advice he received from his own teachers. In this issue, he shares memories of time spent with Khenpo Petse, a Khenpo from Dzogchen Shri Singha, who recently passed away.

Khenpo Petse

I didn't spend very long with him. I stayed with him once for a week and received from him the Manjushri Tantra, Jampal Tsen Jod. It is a very important text. Before then I had thought that it was just a simple tantric text, something like Kriya or Upa tantra. But when I studied this text with Khenpo Petse I found that that is not the case at all. In India the great panditas and mahasiddhas wrote so many commentaries on that text. Why? It is because it is a very important text. Whenever a text is important, they have more commentaries on it. So having done a little research I found out that it was actually extremely important. Khenpo Petse's daily practice in this life was this Manjushri Tantra, the Jampal Tsen jod. That was all he did, just chant that tantra. When he would clean his offering bowls, whatever he did, he would always be reciting that. He was a great Khenpo from Dzogchen Shri Singha in Tibet.

When I was with him he gave me a few pieces of advice. I learnt a lot from observing his actions. He was extremely disciplined, joyfully disciplined. When he was giving teachings he said, "Discipline (shila in sanskrit, meaning protection shield) is the base for meditation, the base of the path. When you don't have the base, a very nice smooth solid ground, no matter how nicely you build something it is going to be without insurance and it will be unsafe".

So wherever you are he said, as a meditator it is important to see the very simple way of discipline. For example, if I am a practitioner of the Great Perfection I shouldn't be careless with the five lay precepts. They are very important, but usually we are careless. We say it doesn't matter, I can just chant the 100 syllable mantra 21 times and whatever I did will be purified. When you have a vase full of shit then no matter how much you clean the outside the shit is not going to be cleaned out. The shit is still there. The shit is still shit. In exactly the same way, no matter how many times you chant the 100 syllables if your mind is not clean I don't think it is going to really work, to clean up everything.

One day I was with Khenpo doing kora in Lumbini. He was a very simple person. All the great masters are very simple. So we were walking around doing kora and a woman came up to him to get a blessing. He was a fully ordained monk, a gelong, and so strictly speaking should never touch women. That is what is taught in the sutras, but in our Tibetan tradition I had never seen anyone really observing that. He covered his hand with his robe and touched the woman's head. I was amazed. He was a Great Perfection master. That vow about not touching women is one of the smallest Theravadin vows. Killing, stealing, lying and so on, they are big things, but not touching women is a very small vow. But he observed his discipline so finely down to those very small details.

When I asked him to give teachings, he would say don't do bad things. Be compassionate. Don't eat meat. When he said that I of course said okay, yes, yes. But I am a huge meat-eater. Most of the time all he would teach is

bodhicitta, bodhicitta and bodhicitta. He would say, look at your mind, look at your mind. So I asked him, what does that mean, 'look at your mind'? He said, "I mean that whatever thought arises, faith, compassion, disturbing emotions, whatever, good or bad, just look at that. Whatever you find, whatever you don't find. No fear. No need to hope too much. Just be there and look at your mind. Try to stay there".

That is not the Great Perfection style of teaching. It's very simple, but that is okay. So I received that and practiced it.

Then Khenpo Petse said, "Whatever you choose to do, stick to that". That stuck with me.



UPCOMING EVENTS

Special Events

March 11, 2012 : Life Release* in Nepal

March 17 to 23, 2012 : Pratyekabuddhayana Retreat, at Riwoche Monastery, Nepal

April 14 to 23, 2012 : Following The Steps of the Lotus-born Pilgrimage (tentative)

Regular Events, 2012

Jan 20 to 22 : Sidok Raksha Totreng Tsal Drubchok at Ka-Ning Shedrub Ling, Nepal

Jan 31, 2012 to Feb 8 : Ngakso Drubchen at Nagi Gompa, Nepal

Feb 13 to 15 : Tulku Urgyen Rinpoche's Death Anniversary at Ka-Nying Shedrub Ling, Nepal

Feb 16 to 20 : Gutor Puja and Lama Dance

Feb 22 to 24 : Losar (Tibetan New Year) celebrations

March 1 to 9 : Tsekar (White Amitayus) Drubchen at Ka-Nying Shedrub Ling, Nepal

March 30 to April 7 : Ngakso Drubchen at Ka-Nying Shedrub Ling, Nepal

* Those who would like to participate in this life release which is done yearly by Phakchok Rinpoche, can contribute via <http://www.cglf.org/donate.html>

Sadhana Ritual Courses, 2012

In 2012, CGLF will be holding two Sadhana Ritual Courses. The first course will focus on the Trinley Nyingpo sadhana and will be held from 24 September – 17 October. The second will focus on the Ngakso, Ocean of Amrita, and will begin on 22 October and commence on 30 November. For more details, please see www.cglf.org or email events@cglf.org.



FOR MORE INFORMATION, PLEASE GO TO:
WWW.CGLF.ORG