CONTENTS

A message from our Rinpoches 7
Organisational Circle 10
Zangdok Palri: The Glorious Copper-Coloured Mountain 14
Monastic Education Fund 18
Acts of Kindness:
  Vajravarahi Healthcare Clinic 22
  Tibetan Medicine Training Program 24
  Outreach Eye and Dental Camp 2013 25
Lhasey Lonsawa Translations & Publications 28
Global Sangha:
  Sadhana Ritual Course 35
  Genuine Roots Program 36
Social Business: Ratna Jewels 40
Mandala: Our affiliated monasteries, meditation places, dharma centres and dharma groups 45
Financials 47
Thank you 48

PHOTOGRAPHS

Courtesy of News Chan, Tan En Song, Kathy Lan, Jordi Roig, Matt Goul, Kelvin Ge, Chris Zvitkovits and the sangha who have chosen to share their images with us.

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Vision

To nurture the rich, innate potential of human beings by unveiling their natural heart of wisdom and compassion and empowering them with true dignity.

Mission

Preservation of the Precious Buddha
Promulgation of the Precious Dharma
Proliferation of the Precious Sangha

The Chokgyur Lingpa Foundation was founded in 2006 by Kyabje Tsekey Chokling Rinpoche together with Kyabgon Phakchok Rinpoche; the Foundation is now represented in Nepal, USA, Germany and Hong Kong.

We are motivated by Kyabje Tsekey Chokling and Kyabgon Phakchok Rinpoches’ vision of a compassionate society guided by wisdom and dignity, and inspired by Kyabje Chokyi Nyima and Kyabje Tulku Urgyen Yangsi Rinpoches’ unsurpassable kindness and insight. Operating mainly out of Nepal, we are committed to responding to humanitarian needs locally and serving spiritual needs globally. We collaborate with communities in the South Asian region to implement flexible and creative solutions, ensuring access to proper healthcare, education, and genuine Buddhist teachings, in order to eradicate suffering precisely at its source.
2013 has been a year of growth in our Foundation and our beneficiaries who benefit from our work. The Dharma with its underlying message of compassion, wisdom and dignity confronts our suffering precisely at its source and hence is able to remove our suffering effortlessly. Thus to teach the universal truth of compassion, wisdom and dignity brings about immeasurable benefit to ourselves and the surrounding society. However, while it is important to learn about compassion, it is equally important to practise it. This is why we place equal emphasis on our spiritual activities to preserve the precious Buddhadharma, and on our humanitarian activities where we put ‘compassion in action’.

The Foundation supports more than ninety monks in Riwoche and Chapagaon, where we welcomed our first fully ordained monks and graduates from the Intermediate Level this year. We also celebrated the fifth anniversary of our healthcare arm – Vajravarahi Healthcare. Over the past five years, they have given more than 45,000 treatments to the community in need in and around Kathamandu. We are training eleven students as Tibetan medical doctors, two as fully qualified acupuncturists, and one as a therapeutic masseur. Our translations and publications team has grown by leaps and bounds in terms of number and quality of their published work. The Zangdok Palri shrine, the first in Nepal, will soon be completed.

All these achievements are the combination of pure motivation, inspiration, dedication and tremendous efforts put in by our staff, our selfless volunteers, and family of generous donors worldwide. We would like to express our deepest gratitude to all those who have supported our success over these past years, and welcome our new donors and volunteers who joined our global family over the past year.

With blessings of great compassion,

Kyabje Tskey Chokling Rinpoche and Kyabgön Phakchok Rinpoche
Organisational Circle

General Co-ordinator : Nicky Glegg
Financial Co-ordinator : Ani Choying Lhamo
Communications Co-ordinator : Matt Goult
Instructors’ Training Co-ordinator : Tulku Mingma
Translations and Publications Co-ordinator : Ani Laura Drolma, Marcela Lopez
Global Sangha Co-ordinators : Paul Sharp, Sherab Phuntsok
Acts of Kindness Co-ordinator : Nicky Glegg (interim)
Social Business Co-ordinator : Ani Choying Lhamo (interim)
Monastic Co-ordinator : Löpön Sherab Gyatso
Zangdok Palri, the Glorious Copper-Coloured Mountain, is the pure land of Guru Rinpoche, the ‘second Buddha’ and the great tantric master who spread Buddhism to Tibet. In accordance with Kyabje Chokling Rinpoche’s own prophetic dream and the heart advice of his root guru, His Holiness Dilgo Khyentse Rinpoche, Chokling Rinpoche is now building an outer representation of Zangdok Palri in Vajravarahi, Kathmandu, Nepal. It has now been four years since the construction started.

The walls and plastering of the outer framework of this four-storied building has been completed. The lintel carvings on the four main doors as well as in the four corners of the building were commenced and are being made by hand. In the inner sanctum, the thrones for the statues of Amitayus and Chenrezig were completed. Also, thangka painters are progressing murals that will decorate the inner walls of Zangdok Palri.

We gratefully acknowledge the generosity of benefactors, donors, devotees, and friends from all over the world and especially Malaysia, Singapore and Hong Kong. We rejoice in your vast merit for having made this precious connection with Zangdok Palri.
The Monastic Education Fund aims to create a cohesive system to support the proliferation of the sangha, a vital element for the continuing study, practice and preservation of the Buddhadharma.

Over two thousand years ago, the Lord Buddha taught that the sangha provides the solid foundation needed for the preservation of the Buddhadharma. The current trend of declining number of monks and nuns has important consequences for the preservation of Buddhism around the world.

“A monastery without monks is just an empty building.” — Phakchok Rinpoche

As of December 2013, we have eighty-three young monks in both monasteries, in addition to eleven elder monks who take care of the running of the monastery, as well as health, education and welfare of the younger monks.

This year is a year of several firsts for our young monks. On 3 June 2013 (Dakini Day), we welcomed our first fully ordained monks in both Chapagaon and Riwoche monasteries, as seven monks aged 20 years and above took their full ordainment (Tib. gelong) vows. Twenty-three monks aged twelve and above took their novice (Tib. getsul) vows. Our first batch of monks from the Intermediate Level also graduated and will be entering their gap year in 2014. These monks have not only been equipped with a wide-ranging knowledge of dharma from various sects and schools, they are also practitioners who meditate for an hour each day and have commenced their Four Foundations (Tib, ngondro) practice. In terms of healthcare, the monks also had their first ever Hepatitis B inoculation, thanks to generous sponsors from Malaysia.

What follows this year will be equally exciting for our young monks. Five monks from Riwoche Monastery will be moving to Chapagaon Monastery in Vajravarahi to commence their Intermediate Level studies, taking their first step into intensive Buddhist philosophy studies and practice. Our first batch of eight monks from Chapagaon who have graduated from the Intermediate Level will be starting their three-month retreat, followed by intensive language practice. The monks will be travelling in small groups to five different villages in rural Nepal to give introductory Dharma teachings and perform some humanitarian work in these under-served Buddhist communities. To round up their gap year, several of these monks will be accompanying our senior monks who will be teaching in various centres overseas.

After the completion of their gap year, those who wish to continue their philosophical studies will go on to the Sangye Yeshe Monastic College in Kanying Shedrub Ling Monastery. Those who wish to specialize in rituals will be allowed to do so, and those who have a stronger inclination for vocational training like cooking, photography and the like will be given training in those fields. This forward-thinking training philosophy ensures that each individual will pursue a path that they are passionate about, and allow the monastery to benefit from their skills, as every monastery needs the whole spectrum of philosophical, ritual and vocational skills for smooth operations. We will also be commencing the construction of new dormitories and school for our monks in Vajravarahi in 2014.

Clockwise from opposite page: Young monks in Vajravarahi earnestly completing their lessons; Monks making breakfast at dawn every day; Ringing the bell to summon all monks for prayers; Pema Dondrub teaching Tsultrim Namgyal the finer points in blowing the traditional Tibetan trumpet (Tib. gyaleng); Young monks in Vajravarahi making the mandala offering mudra during evening prayers.
HO CHI MINH, VIETNAM

Tulku Mingma visiting the victims of Agent Orange in an orphanage.
Good health is a fundamental human right. Thus, we support healthcare projects that provide immediate relief to the sick, as well as those that provide healthcare awareness and training so that the individual communities can eventually be self-sustainable. We believe that health is not just about being free from illness, but also enabling communities to live in healthier surroundings.

**VAJRVARAHI HEALTHCARE CLINIC**

As Vajravarahi Healthcare Clinic (V VH) continues to thrive and prosper, the biggest event of the year was our 5th Anniversary which we celebrated at the start of winter on 11th November. Kyabgon Phakchok Rinpoche and Kyabje Tsikey Chokling Rinpoche presented katas to staff, toured the clinic and shared medical tips to make the occasion!

The winter also saw the arrival of our first chiropractic practitioner who stayed for three months. During the year we also had acupuncture, bodywork, homoeopathy, physiotherapy and optometry volunteers. Three practitioners returned for a second visit to the clinic, one specifically to teach our acupuncture trainee, and one volunteer stayed with us for five months.

In spring we bid farewell to our partners of four years, the Acupuncture Relief Project. The group has acquired sufficient experience and confidence to branch out and start their own part-time clinic south of Kathmandu, on the invitation of a former patient of VVH. They are aided by the skills of our expert interpreters and become the only other clinic in Nepal to use professional interpretation to help their staff.

The autumn saw the start of a new outreach clinic in nearby Patan for the Newari Bajracharya community. Here we are providing all that VVH has to offer. Autumn also saw re-painting of the clinic bedrooms, kitchen and dining room, much needed after five years and the repair work necessary for a series of leaks from the bathroom plumbing.

Our trainee Tibetan medicine practitioners continue to flourish and treat patients two days a week this year instead of one. Other activities included training for staff of VVH and other local clinics in acupuncture protocols for high blood pressure from the Barefoot Acupuncturists, and teaching for staff and patients on uterine prolapse from local practitioner and activist Apurna Bhatta. Apurna also treated several women. She will return again next year as often as we can find sponsors. Staff also brushed up on exercises for back and knee pain and began classes for groups of patients.

Our supporters and donors, are the heart of Vajravarahi Healthcare, and we rejoice in your merit!
Phakchok Rinpoche started the King of Medicine Healing school as part of our ongoing effort to enable communities to build up a self-sustainable healthcare system, providing affordable, effective treatments and improving their overall standard of living. Complementing this, we also aim to preserve the Tibetan medical lineage, to ensure that this extraordinary wisdom will continue to benefit generations to come.

Our eleven students have now completed their second year of studies, which covered the memorisation and study of the Four Root Tantras of Medicine, Tibetan grammar, anatomy, pulse diagnosis and studies on herbs and plants. The students also took an excursion trip to the mountains of Nubri, seven days' walk from Kathmandu to study the herbs and roots used to make medicine in their natural environment. By training them in identifying and gathering herbs in the wild as well as actual medicine making, they will be able to sustain the giving of treatments even in remote places and in all circumstances.

In 2013 a team from Singapore ventured far to deliver much-needed and urgent eye and dental care to two remote villages—one in Ilam, eastern Nepal; and the other in Sikkim, India—in makeshift and unpredictable conditions. Over a total of five days 860 patients were seen. Many patients who have endured blurry sight for years were overjoyed at being able to see clearly again and dental treatments such as scaling, fillings and extractions rendered. The dentists also educated patients about dental hygiene.

These volunteer medical and dental practitioners pay for their own airfare to Nepal, as well as part of the overall expenses for accommodation and food. They raise the funds needed for equipment and supplies from donors in their home countries. For many of the doctors, their experiences during these camps have been life-changing. The Foundation would like to express our deep gratitude to the sponsors and well-wishers from Malaysia and Singapore for supporting our efforts to provide basic healthcare to more than eleven thousand villagers, for the past eight years.
In 2013 our major project was preparing the book of study materials for Phakchok Rinpoche’s first Outer Tantras Nine Yanas retreat at Rangjung Yeshe Gomde Cooperstown. The book contained a variety of teachings, all first-time translations from the Tibetan, including excerpts from one of Shechen Gyalsab Rinpoche’s exposition of the Nine Yanas and one of Lochen Dharmashri’s commentaries on the Guhyagarbha Tantra. We also prepared first-time translations of the four sadhanas for the Outer Tantras practice of Rigmum Nyungkh, Heart Essence of the Three Enlightened Families, which forms the spine of the Nine Yanas program.

For Phakchok Rinpoche’s Mahamudra retreats we prepared first-time translations of some of Taklung Tangpa Tashi Pal’s (forefather of the Taklung Kagyu tradition) oral instructions and compiled them together with several other practice instructions in a small but rich book for Year Three Mahamudra students.

For His Eminence Chokling Rinpoche’s teaching tour, we prepared first-time translations of the sadhanas for Shaker of Samsara from its Depths, the Great Compassionate One and Lama Norbpa (The Excellent Vase of Jewels, The Accomplishment of Wealth from Lamé Tukdrub Barché Künsel, Accomplishing The Guru’s Wisdom Mind, Dispeller of All Obstacles), which were used during Rinpoche’s programs in Singapore, the United States, and Europe. This year, 2014, we will be reviewing and finalizing these two translations so that we can then share them with the wider sangha.

We finalized second editions of Phakchok Rinpoche’s small books, A Glimpse of Buddhadharma, A Glimpse of Mind Training, and Keys to Happiness & a Meaningful Life together with new cover designs, all of which will be released shortly. We also made translations of more than a dozen short practice texts, including Song of Yearning to Longchenpa, the Concise Sang Offering, Concise Preliminary Practices,
and Concise Manual for Daily Practice all according to Lamé Tukdrub Barčê Künsel, and a Concise Gesar Sang Offering. We formatted all of these in a new pecha (traditional Tibetan text) format together with the Tibetan script and phonetics that we will be using for all of our practice texts from now on. Several of these practice texts were also translated into Chinese and Spanish.

Towards the end of the year, we recruited several new volunteers from the sangha who have since been reviewing translations, editing, and proofreading. Their input is invaluable and will help us accomplish even greater things in the coming year.

In closing, a special thanks to our volunteer Jane Sheers who spent many dozens of hours over the course of the year helping typeset our practice texts and to Ann Barker for her generous support of several of our ongoing translation projects.

**GOING FORWARD**

- The History of Taklung Kagyu
- Revised editions of The Shravakayana, The Pratyekabuddhayana and The Bodhisattvayana
- Revised edition of Clarifying The Path, Volume I
- Revised edition of Keys to Happiness
- Clarifying The Path, Volume II
- Electronic versions of A Glimpse of Buddhadharma and A Glimpse of Mind Training
- Revised editions of From the Heart Essence of the Three Enlightened Families : The Outer Tantras, 2013
- Revised editions of From the Heart Essence of the Three Enlightened Families : The Outer Tantras, 2013
- A Collection of Precious Instructions, 2013
- Shaker of Samsara from its Depths, the Great Compassionate One, 2013
- The Excellent Vase of Jewels, The Accomplishment of Wealth, 2013
- Song of Yearning to Longchenpa, 2013
- Concise Sang Offering from Lamé Tukdrub Barčê Künsel, 2013
- Concise Preliminary Practices from Lamé Tukdrub Barčê Künsel, 2013
- Concise Gesar Sang Offering, 2013
- Keys to Happiness and a Meaningful Life by Phakchok Rinpoche, 2012
- Wisdom of Passing Sutra, 2012
- A Song of Yearning to Longchenpa by Khenpo Njagchung, 2012
- The Amrita of the Essential Accomplishment by Gelong Nga-wang Tashi Paldrub (in Chinese), 2012
- Three Gateways to Liberation, compiled by Phakchok Rinpoche, 2012
- Supplication to Chokgyur Lingpa, 2012
- Sky Teaching Supplication, 2012
- The Practice of the Single Form Vajrasattva from the cycle of Sangrik Nyingpo (in English and Chinese), 2012
- The Daily Practice of Padmasambhava, a compilation by Phakchok Rinpoche, 2012
- Calling The Guru from Afar by Jamgon Kongtrul Rinpoche the Great (in English and Chinese), 2012
- The Essence of Benefit and Happiness – A Method of Life Release (in English and Chinese), 2012
- The Extremely Simple and Easy Method to Perform White and Red Smoke Offerings (in English and Chinese), 2012
- Yidag Choje – Preta Water Offering (in English and Chinese), 2012
- Reciting the Names of the Buddhas, 2012
- The Bodhisattvayana - A Collection of Teachings, 2011
- From the Heart Essence of the Three Enlightened Families : The Bodhisattva Vehicle, 2010
- The Pratyekabuddhayana - A Collection of Teachings, 2010
- From the Heart Essence of the Three Enlightened Families : The Pratyekabuddha Vehicle, 2010
- Clarifying the Path, Remembering the Masters of the Past, Volume One, 2010
- The Amrita of the Essential Accomplishment, by Gelong Nga-wang Tashi Paldrub, 2010
- Luminous Bandu – Guru Yoga for the Eighty-four Mahasiddhas, 2010
- The Shravakayana - A Collection of Teachings, 2009
- From the Heart Essence of the Three Enlightened Families : The Shravaka Vehicle, 2009
- The Sage who Dispels the Mind’s Anguish, by Dolgo Khyentse Rinpoche, 2009
- A Glimpse of Buddhadharma, by Kyabjé Phakchok Rinpoche, 2009
- A Glimpse of Mind Training, by Kyabjé Phakchok Rinpoche, 2009
- The Eightfold Supreme Path of Mind Training, compiled by Kyabjé Phakchok Rinpoche, 2009
- Several previously untranslated Chokling Tersar and Taklung Kagyu sadhanas for students’ personal practice
Our annual Sadhana Ritual Courses are a very rare and profound occasion for delving into the theory and practice of the secret mantra tradition. Students are given the complete empowerments, transmissions and oral instructions for each practice taught, in accordance with the authentic traditions practiced by the great masters of the past. Students are taught all aspects of the ritual practice (Tib. sadhana) - from the foundational knowledge of the four mind changings, the general and specific instructions of the development stage, to ritual aspects such as torma making, mudra and instruments. In 2013, we covered *The Profound Essence Of Noble Tara* and *Essence Of Activity from the Guru’s Heart Practice, Dispeller of All Obstacles* cycle of teachings (Tib. Tukdrub Trinley Nyingpo) both from the lineage of Chokgyur Lingpa. A total of fourteen students came from all corners of the world: Ukraine, France, Austria, Spain USA and other countries.

Deepest thanks to Kyabje Chokling Rinpoche, Kyabgon Phakchok Rinpoche, Lama Sherab Dorje, and Ani Yeshe Wangmo, as well as all the nuns who at Nagi Gompa for their kindness and generosity in making this precious opportunity possible.

Left: Huge crowd gathering in the grounds of Ka-Nying Shedrub Ling Monastery for the Genuine Roots Program. Top: Participants of the Sadhana Ritual Course with Kyabje Chokling Rinpoche.
Nepal, with its many tribes, dialects and culture, is a country with a deep Buddhist heritage. The local villages rely on the local village lama as de-facto religious leader for spiritual guidance, as well as to oversee important occasions. The pressures of modernity are eroding this. These lamas and, therefore, the communities they serve are finding it increasingly hard to receive the empowerments and instructions which are traditionally passed down from generation to generation, and which are essential in protecting the teachings.

The Genuine Roots Program aims to reverse this by bringing the lamas regularly to Kathmandu, providing them with the relevant empowerments, and furthering their training and understanding of the Dharma.

In April 2013 more than 1,000 Nepali lamas from sixty-five states and laypeople received the empowerments and oral transmissions for Konchok Chidü (The Embodiment of the Precious Ones), a set of blessed treasure teachings focused on Guru Rinpoche that were revealed by the great master Jatsön Nyingpo (1585 – 1656). During these ten days, Kyabgön Phakchok Rinpoche took the opportunity to meet many of the senior lamas from the villages to learn about the spiritual and social development in their respective communities.
We seek to balance our sources of funding by forming social businesses that will provide a sustainable, independent flow of income for our current and future spiritual and humanitarian projects, without comprising on our backbone principles of wisdom, compassion and dignity.

Ratna Jewels is now a collection of more than thirty 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. Practitioners benefit through obtaining a genuine product made according to authentic lineage teachings, and they also accumulate merit as all profits go towards humanitarian and charitable projects, including:

- Supporting the building of sacred shrines and temples in Lumbini (the birthplace of Lord Buddha Shakyamuni), Zangdok Palri (Glorious Copper-Coloured Mountain) in Chapagaon, and Ilam Monastery, Nepal, and monasteries in India
- Supporting the education of women in the Nyingma Institute of Higher Studies, Sikkim
- Contributing towards the support for the aged and orphans in Malaysia and Hong Kong
- Supporting the various retreat and meditation centres under Rinpoches’ care, 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 produce these items to make them available to practitioners who otherwise would not be obtain them, and also as a contribution towards the preservation of the precious teachings.

Visit our website at www.ratnajewels.com

Clockwise from above: Flower mala bag; the External Offering Substances; the small Vajraikaya phurba made of nine metals; the Supreme Jewel of Enlightenment embodying the precious Tripitaka; the Guru of Great Bliss; the Four Jewels of Ripening, a complete practice set for the Four Foundations.
OUR AFFILIATED MONASTERIES
MEDITATION PLACES, DHARMA CENTRES
AND DHARMA GROUPS

AMERICAS
Rangjung Yeshe Gomde, California, USA
Rangjung Yeshe Gomde Cooperstown, New York, USA
Mangala Shri Mexico
Riwoche Tibetan Buddhist Temple, Toronto
Mangala Shri Vancouver

EUROPE
Rangjung Yeshe Gomde, Germany-Austria
Rangjung Yeshe Gomde, Denmark
Rangjung Yeshe Gomde, France
Mangala Shri Poland
Rangjung Yeshe Gomde, Russia
Rangjung Yeshe Gomde, Scotland
Rangjung Yeshe Gomde, United Kingdom

ASIA
NEPAL
Ka-Nying Shedrub Ling Monastery, Kathmandu
Nagi Gompa Abbey, Shivapuri, Kathmandu
Tubten Osel Ling Monastery, Shivapuri, Kathmandu
Pal Do-Nigak Nyida Zungdrel Mindrol Norbuling Monastery (aka Chagpaqaon Monastery), Kathmandu
Pal Kagyud Shedrup Tashi Dhargay Phuntsok Ling Monastery (aka Rowoche Monastery), Kathmandu
Guru Drubney Pema Osel Ling Monastery (Asura Cave Retreat Centre), Pharping, Kathmandu
Pal Thubten Shedrub Ling Monastery, Lumbini
Mahakaruna Buddha Mandir Hermitage, Hetauda

MALAYSIA
Persatuan Penganut Dewa Taklung Mangala Shri, Batu Pahat, Johor
Ka-Nying Ling Dharma Society, Kuala Lumpur
Rangjung Yeshe Kedah, Kulim, Kedah
Rangjung Yeshe Melaka, Klebang Besar, Melaka.
Persatuan Penganut Dharma Oddiyana Negeri Sembilan Kuala Pilah, Negeri Sembilan
Pertubuhan Rangjung Yeshe Selangor, Subang Jaya, Selangor
Persatuan Penganut Agama Buddha Rangjung Yeshe Johor Bahru, Johor

ISRAEL
Rangjung Yeshe Gomde, Israel

THAILAND
Mangala Shri Thailand
Riwoche Temple, Bangkok
Rangjung Yeshe Thailand

SINGAPORE
Rangjung Yeshe Oddiyana, Singapore

VIETNAM
Rangjung Yeshe Vietnam
# EXPENDITURE

USD 1 = NPR 93.61

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Thank You

HO CHI MINH, VIETNAM

Al-Bukhary International University
Alan Zhang
Albert Teo Kiong Hin
Angela Leung
Ann S. Barker
Bayou Lagoon Resort
Bill Fong
Bok Yeok Ying and Lim Yew Seng
B.P. Koirala Institute of Health Sciences
Chagdud Khandro
Chuan Der Religious Life Enterprise Pte. Ltd.
Crimson Crabtree
CSL Technologies Sdn Bhd
CYC Marketing Sdn. Bhd.
Dato’ Seow
Datuk Gan Chee Wah
Datuk Tai
Deborah Ho
Dr. Abhinaya Luitel
Dr. Asal Acharya
Dr. Kaan Sheung Kin
Dr. Kumar
Dr. Namgyal
Dr. Roj
Dr. Sapphire Gan
Dr. Shrimali
Eric Lim
Enson Lean
Felina Lee
Geoffrey Lee
Goldman Sachs (GS Gives)
Ho Siow Ling
Hong Kong Polytechnic University
Ingrid Kwok
Ivy Ng
Jason Lee
Justin Ng and Jenny Khor
Koh Gek Hwee and Lim See Bong
Ven. Konchog Yeshe
Lam Su Lin
Lim Chee Siong
Louisa Tam
Lozang Hau
Ooi Poay Lum
Pang & Haig Design
Pemakara Berhad
Rita Fu
Sia Kok Chuan and Hong Siew Ping
Simon Siow and family
Singapore Dental Association
Skyflight Pvt. Ltd.
Soo Chuan Beng and Lim Wey Yang
Susan Wang
And all the rest of our global
family of kind sponsors and tireless
volunteers, thank you for your
contribution in 2013.

T

hrough the breadth and depth of our projects, we seek to the surmount the obstacles faced by the people around us – ailing villagers traveling for our healthcare treatment, aspiring monks, ambitious youth hungry for further education – whose access to basic services remains difficult. We also aim to encourage the proliferation of the dharma with the Zangdok Palri shrine and continuous translation and publication of texts that will be of benefit to this generation and the generations to come.

Every individual has a responsibility to ensure that they imbue their lives with true wisdom, compassion and dignity, not only for themselves but also every being that they touch around them. Good wishes are not sufficient, we must be actively engaged.

“All suffering comes from wanting happiness for oneself
All happiness comes from wanting happiness for others”

– Shantideva

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www.cglf.org/donate
Or
Contribute your time –
visit www.cglf.org/volunteer
for more information